

• ACTIVITY • GUIDE

FALL • 2015



Phone: (510) 747-PLAY • Registration: www.arpdeplay.com • Website: www.alamedaca.gov/recreation

Camps • Classes • Events • Parks • Services • Sports • Travel • more



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ARPD DIRECTOR'S MESSAGE

ARPD continues its work and efforts to be responsive and collaborate with the community. The Mastick Senior Center, in partnership with Alameda Family Services, is now offering *Senior Connections*, a pilot program providing Alameda seniors with access to much needed case management services. Seniors can speak one-on-one with a case manager either at Mastick Senior Center or at their home. It's a valuable and much-needed service.

**Parks
Make
Life
Better!**

The ARPD Park Maintenance Division installed microfilament recycling containers at every local fishing spot on the island. These are receptacles where anglers can deposit their used fishing line so that it does not end up in the Bay and harm wildlife, such as birds. The concern was raised by a local resident and Park Maintenance Worker Daniel McDaniel took on the challenge, figured out how to build the containers, and installed them throughout the island.

ARPD was fortunate to receive a \$2 million grant from the California Department of Parks and Recreation – Land and Water Conservation Fund to construct the most eastern portion of Jean Sweeney Open Space Park along Sherman Street. This grant was made possible by the \$2 million matching funds from the developer's agreement for the Del Monte building. The available funds to construct the park now total \$6.5 million.

The Trust for Public Lands (TPL) is a nonprofit organization that conducts research to help measure the economic value cities and their residents derive from parks and open spaces. TPL recently issued a report, after significant research and consultation with economists, which identifies the following seven park attributes that generate economic value for our residents and cities.

- **Property value** – the value of a property increases based on its proximity to parkland, which raises the sale value for owners and increases property taxes for the City.
- **Tourism** – regional parks draw visitors from outside the City who then shop and eat at local businesses.
- **Direct use** – this is the money that residents save by using free or low-cost park amenities (such as public tennis courts instead of a private health club or the free Parks and Playground programs rather after school/camp fees).
- **Health** – savings in medical expenses due to being active in parks.
- **Community Cohesion** – the “social capital” realized by improving parks with private donations and volunteer contributions.
- **Clean Water** – Parks and open space capture rainwater and slow storm water runoff, which create savings in water treatment costs.
- **Clean Air** – the trees and plants in parks reduce air pollution, which decreases health and other costs created by smog and poor air quality.

Source: *Measuring the Economic Value of a City Park System*, Trust for Public Lands, www.tpl.org

As always, I welcome your ideas and suggestions. You can contact me at awooldridge@alamedaca.gov or like us on Facebook.



Amy Wooldridge, Director

Attention Attention
The Alameda Recreation and
Park Department is
NOW OPEN ON FRIDAYS!
Our office hours have changed
to Monday through Friday
8:30 am to 5:30 pm
as of September 7, 2015.

ARPD Program Staff

Christina Bailey

Pre-K and Youth
510-747-7554
cbailey@alamedaca.gov

Ed Kallas

Senior Programs, Travel
510-747-7511
ekallas@alamedaca.gov

Dennis McDaniels

Adult and Youth Athletics,
Aquatics
510-747-7586
dmcdaniels@alamedaca.gov

Katherine Sirota

Park & Facility Rentals
510-747-7576
ksirota@alamedaca.gov

Shawn Smith

Teens, Classes, Special Needs
510-747-7555
sdsmith@alamedaca.gov

Recreation and Parks Commission

Meets every 2ND Thursday at 7:00 p.m.
at City Hall, Council Chambers
2263 Santa Clara Ave., Alameda
Everyone welcome
Also televised live on
Alameda Cable TV Ch. 15

Golf Commission

Meets 2ND Tuesday at 6:30 p.m.
every other month
(Jan, Mar, May, July, Sept, Nov.)
At City Hall, 3rd Floor, Room 360
2263 Santa Clara Ave., Alameda

Mastick Senior Center Advisory Board

Meets 3RD Wednesday at 9:00 a.m.
Mastick Senior Center
1155 Santa Clara Ave., Room D

Alameda Youth Committee

Meets most 1ST and 3RD Wednesday
at 4:00 p.m. Schedule available in
Fall for grades 6-12.
Veteran's Building,
2203 Central Ave., Rm. 390.

Alameda City Council

Trish Herrera Spencer	Mayor
Frank Matarrese	Vice Mayor
Tony Daysog	Councilmember
Marilyn Ezzy Ashcraft	Councilmember
Jim Oddie	Councilmember

Recreation and Parks Commission

Ruben Tilos	Chair
Bill Delaney	Vice-Chair
Mario Mariani	Member
TBA (2)	Member

STAFF

Elizabeth Warmerdam	Interim City Manager
Amy Wooldridge	ARPD Director
Jackie Krause	Recreation Manager
John McDonald	Parks Manager
Patrick Russi	Recreation Manager
Christina Bailey	Recreation Specialist
Edward Kallas	Recreation Specialist
Dennis McDaniels	Recreation Specialist
Shawn Smith	Recreation Specialist
Nora Pon	Senior Clerk
Katherine Sirota	Administration
Amy Vales	Accounting Technician

Alameda Recreation & Park Department



Web	www.alamedaca.gov/recreation
Online Registration	www.arpdeplay.com
Email	arpd@alamedaca.gov
Facebook	playARPD on Facebook
Phone	510-747-PLAY
Fax	510-523-4071
Hours	Monday - Friday: 8:30am - 5:30pm
Park & Facility Issues - After Hours	747-7542
Field Condition Hotline (after 2pm)	747-7540
Mastick Senior Center	747-7500
Parks & Facilities	Refer to page 20 - 21

CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3900
Community Development	747-6850
Building	747-6800
Economic Development	747-6890
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Chuck Corica Golf Complex	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Library	747-7777
Police (Non-Emergency only)	337-8340
Anonymous Tip	337-8450
Animal Shelter	337-8565
Animal Control/FAAS Shelter	337-8340
Public Works	747-7900

COMMUNITY RESOURCES

Alameda Alligators	www.alameda-alga.com
Alameda Attack Lacrosse	www.alamedalacrosse.com
Alameda Babe Ruth	www.alamedababeruth.com
Alameda Boys & Girls Club	www.alamedabgc.org
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Childcare Association	521-3997
Alameda Family Services	www.xanthos.org
Alameda Girls Softball	www.alamedagsa.com
Alameda Historical Museum	www.alamedamuseum.org
Alameda Islanders	www.alamedaislanders.org
Alameda Little League	www.eteamz.com/alamedalittleleague
Alameda Meals on Wheels	www.alamedamealsonwheels.org (865-6131)
Alameda Pirates Football	www.thealamedapirates.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Assn	www.alameda-swimming.com
Alameda Unified School District	www.alameda.k12.ca.us
Alameda Wolverines	www.alamedafootball.com
Alameda Youth Basketball	Randy4sports@hotmail.com
Alameda Youth Collaborative	www.alamedayouth.com
American Red Cross	www.redcross.org
Chamber of Commerce	www.alamedachamber.com
Chuck Corica Golf Complex	www.alamedagolf.com
Crab Cove Visitors Center	www.ebparks.org/parks/vc/crab_cove
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
USS Hornet Foundation Museum	www.uss-hornet.org
State Park Info and Reservations	www.parks.ca.gov

Starlight Movies in the Park Friday, September 11, 6:30 - 10:30 p.m. Leydecker Field

Big Hero 6

Free Starlight Movies in the Park will again take place this summer for families to enjoy. The event starts at 6:30 p.m. with pre-show festivities of games and crafts for kids. The featured movie begins at approximately 8:15 p.m.

Snacks and food are available and proceeds support the Teen Program. Bring your own chairs and blankets and enjoy a film under the stars.



FREE

California Coastal Cleanup Day Saturday, September 19, 9:00 a.m. - 12:00 p.m. Meet at Park St. & Shoreline Dr.

Take part in this international volunteer event! Coastal Cleanup Day is a great way for families, students, service groups, and neighbors to join together, take care of our fragile marine environment, show community support for our shared natural resources, learn about the impacts of marine debris and how we can prevent them... and to have fun!

Join us at Park Street and Shoreline Drive from 9am-Noon, bring your own bucket and gloves, wear sunscreen and closed-toe shoes, and help us clean up the shoreline all along Crown Beach. For more information about this event, please call the Public Works Department at (510) 747-7930, or visit the California Coastal Commission web site at www.coastal.ca.gov.

Alameda Community Band's Fall Concert

Tuesday, October 13, 7:30 p.m.
Kofman Auditorium, 2200 Central Avenue
All Welcome.

FREE

ELKS HOOP SHOOT COMPETITION

October 19 - December 18, See page 7

Teen Haunted House - 12th Annual

October 23, 24, 25, See page 15

Alameda Community Band and Chorus Concert

Friday, December 4, 7:30 p.m.
Kofman Auditorium, 2200 Central Avenue
All Welcome

FREE

Bugs Bunny at the Symphony

Friday, December 4, See page 7

City of Alameda Mayor's Holiday Tree Lighting Ceremony

Saturday, December 5, 4:30 p.m.
City Hall

Come and enjoy performances from community groups followed by the tree lighting ceremony and The Mistletones' Rockin' Holiday Show.



Breakfast with Santa

Saturday,
December 12

See page 10

Santa's Visit Alameda Homes

Saturday, Dec. 19 &
Sunday, Dec. 20

See page 10



PLAY FOR THE PARKS

The Most Enjoyable Day You'll Have All Year!

The third annual
"Play for the Parks"

Golf Tournament will be held on
MONDAY, SEPTEMBER 14 at 1:00 PM
at the Chuck Corica Golf Complex!

A day of friendship, laughs and golf, with a dinner and auction afterwards. It has been called the "most enjoyable golf outing of the year" and promises to match that opinion again this year!



Get all the details and registration form
at www.alamedaparks.org.

The \$95 Registration Fee includes golf, cart, cart bag with goodies and dinner! Best deal in town!

SPONSORED BY THE ALAMEDA FRIENDS OF THE PARKS FOUNDATION

Board Members: Jean Brennan, Tony Corica, Bill Delaney,
Gina Jaber, Ken Miller, Joe Restagno, Lena Tam

Advisory Member: Mario Mariani

A Non-Profit 501 (C) (3) organization

ALAMEDA WALKS

All walks begin at 9 a.m. and last approximately one hour (except when indicated). Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home unless designated as a pet walk.



Longfellow to Ballena Isle

September 5

Meet at Woodstock Child Development Center, 500 Pacific Avenue in the parking lot. Entrance is on Lincoln Avenue. This walk will explore the west end of Alameda, see amazing views of SF Bay, and interesting beach cottages.

Lincoln Park, Fernside, Thompson & Water Works

September 12

Meet at Alameda Sun Headquarters, 3216 J Encinal Ave in the parking lot. This walk will explore and focus on Robert Thompson, his estate and Water Works. In addition the walk will explore pre-development of Fernside District, history of Lincoln Park, a visit to Alameda's first Water Works. Dennis Evanovsky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

Lincoln Middle School, San Leandro Bay, & Fernside

October 3

Meet at Lincoln Middle School Parking lot off of Fernside Blvd. This walk will explore and discuss Lincoln Middle School, San Leandro Bay walkway, and Fernside Area. This walk is sponsored by BikeWalk Alameda who will also share information about latest updates.

South Shore vs. Gold Coast

October 10

Meet at Rittler Park, corner of Grand Street and Otis Drive. This walk will explore both sides of the South Shore Development of the 1950's. In addition the walk will discuss the relationship between Alameda's Gold Coast and the suburban expansion that altered the area forever. Dennis Evanovsky and Eric Kos will lead this walk.. Note: walk will last 1 hour and 15 minutes

Fernside Walk & Fall Colors

November 14

Special Walk – This walk will last 3 hours and cover 5 miles – Plan accordingly!

Meet at High Street Café, 1303 High Street. This special walk will visit one of the most beautiful neighborhoods in Alameda especially during the Fall season. Also included in the walk will be great opportunities for photos of the grand residential architecture and sweet gum trees that lined the streets with their autumn colors. Robert Perricone will lead this walk.

RAIN OUT DATE IS SET FOR NOVEMBER 21 at 9AM.



The Alameda Police Department
Wants You For Its Next Citizen
Police Academy!



Our Citizen Police Academy provides you with the opportunity to get to know **YOUR** police department. Come explore the inner workings of the department and see how it operates on a daily basis. Some of the topics discussed include: crime scene investigation, firearms safety, defensive tactics, police administration, the officer hiring process, and dispatch communications. These courses are **NOT** intended to train participants as police officers.

The academy is taught by Alameda police officers with the sole purpose of strengthening relationships with the community we proudly serve.

This **FREE** 11 week academy runs once a week, beginning **Tuesday, October 6th and ends December 15th**. Classes generally are held at the police station from **6:30 PM to 9PM**.

To Participate, you must meet the following requirements:

- Have **NO** prior felony or serious misdemeanor convictions
- Be at least 18 years of age
- Reside or work in the City Of Alameda
- Have an interest in law enforcement and a desire to have fun!

To apply:

Contact Officer Frank Petersen @ fpetersen@alamedaca.gov

BICYCLE SAFETY CLASSES

Public Works Department: Bicycle & Pedestrian Program

Bicycle Safety Education Classes for All Ages:

Learn how to safely ride your bicycle, be more comfortable bicycling with your whole family, or learn how to ride a bicycle no matter what your age. Bike East Bay provides bicycle education classes throughout the East Bay, including in Alameda and nearby Oakland. Classes are free and offered all year. Pre-registration is recommended.

**Find all classes and descriptions online
at BikeEastBay.org/education or by phone
at 510-845-7433, ext 2.**

39th ANNUAL ELKS HOOP SHOOT COMPETITION

October 19, 2015- December 18, 2015
Free!

A national event, this contest is sponsored locally by the Alameda Elks Lodge 1015 and conducted by the Alameda Recreation and Park Department. Over three million youth from throughout the country enter the competition yearly.



This free competition is held at Bayport, Franklin, Leydecker, Lincoln, Longfellow, Tillman, Washington Parks and Alameda Point Gym during program hours. The event is open to boys and girls 8 to 13 years-old and who attend a school or reside in the city of Alameda.



The contest consists of shooting free throws. Each contestant has 25 shots at the hoop. A child may compete as many times as he or she wishes. Classifications are as follows:

Class A - 12 to 13 year-olds

This division is open to youth who do not reach their 14th birthday before April 1, 2016.

Class B - 10 to 11 year-olds

This division is open to youth who do not reach their 12th birthday before April 1, 2016.

Class C - 8 to 9 year-olds

This division is open to youth who do not reach their 10th birthday before April 1, 2016. Seven year olds who reach their eighth birthday before April 1, 2016, are also eligible in this category.

The top three finalists in each division are eligible to represent their park or club at the city-wide finals, to be held on January 8, 2016 at Alameda Point Gymnasium. The winners in each division will go on to represent the City of Alameda and the Alameda Elks at the District Shoot-Off in late January.

ARPD (510) 747-7529

AQUATICS

Due to the retrofit of Encinal Swim Center ARPD will not be offering Aquatic Programming in the Fall of 2015.

**ARPD looks forward
to opening a new multi-use pool
to the public in 2016!**



FAMILY DAY TRIPS

Family Day Trips include transportation to and from Alameda, and admission to the excursion location.

NEW

All ages of participants are welcome; however, anyone under the age of 18 must be accompanied by an adult. Program information subject to change; excursions may be cancelled due to low enrollment.

We depart from and return to the Bayport Recreation Center, 301 Jack London Avenue, Alameda, 94501 (Next to Ruby Bridges Elementary School). Please arrive 10-15 minutes early for check-in. Return times are approximate; please allow for flexibility due to traffic conditions.

Bugs Bunny at the Symphony

Join us as we celebrate the 25th Anniversary of Bugs Bunny at the Symphony. Come and listen to a live symphony orchestra as classic Looney Tunes are projected on a screen. A unique experience for any fan of animated television, this is a great experience to spend some quality time with your family while sharing the joy of classical music together.



Participants will receive a special treat on the bus.

The show includes 2 one-hour sections with a 20 minute intermission. Our seats are in the last two rows of Tier 1, with close access to the elevator for limited stair climbing.

Friday, December 4, 2015

Davies Symphony Hall, San Francisco

5:30 p.m. – 11:00 p.m. (Showtime is 8:00 p.m.)

Fee \$65.00 (All Ages)

Class # 16290

Registration Deadline: Wednesday, November 25, 2015

Volunteers Needed for Litter Cleanup at Alameda Point

On Saturday, August 22, from 9:00 a.m. to noon, the City of Alameda Public Works Department's Clean Water Program, in collaboration with PM Realty Group, is sponsoring a litter cleanup day at Alameda Point.

To participate, volunteers can sign up the morning of the cleanup at the registration tables at the Shoreline parking lot on Main Street, west of the dog park. Please wear sturdy, closed-toe shoes, and bring your own reusable bucket or bag and work gloves. Volunteers under the age of 18 must be accompanied by an adult. Also, service credit is available upon request.

**For more information contact Patrizia Guccione
at PW@alamedaca.gov or at (510) 747-7930.**

LIBRARY

REGULAR MONTHLY ACTIVITIES:

on hiatus in August, all programs resume in September

Children

Storytimes

- Mama Goose
(for toddlers 18 mos.-3yrs)
 - Saturdays, Main Library, 10 am
- Peter Rabbit
(for preschoolers 2-5yrs)
 - Wednesdays, West End Library, 10:30 am
 - Thursdays, Main Library, 10 am and 11 am
- School Age (Kindergarten-3rd grade)
 - Wednesdays, Main Library, 3:30 pm
- Family (all ages)
 - Tuesdays, Bay Farm Island Library, 7 pm



First Friday Family Film

- First Friday of the month, Main Library, 7 pm

We Love LEGOs™

- 2nd Saturday of the month, Main Library, 2-4 pm
- 3rd Thursday of the month, Bay Farm Island Library, 3:30 pm
- 4th Thursday of the month, West End Library, 3:30 pm

Thursday Crafts

- 1st Thursday of the month, Bay Farm Island Library, 3:30 pm
- 2nd Thursday of the month, West End Library, 3:30 pm

Teens

Teen Book Club

- 4th Thursday of the month, 3:30-5pm

Teen Anime and Manga Club

- 2nd Tuesday of the month 3:30-5pm

Teen Advisory Board

- 3rd Thursday of the month, 3:30-5pm

Adults

Open Computer Lab

- Sundays 1-5 pm
- Tuesdays 1-4 and 5-8 pm
- Wednesdays 1-4 pm
- Fridays 10 am -2 pm

Computer Classes

- Wednesdays 6-7:30 pm

Film series

- Usually a Monday, once per month, dates TBD. 5:30 pm.

AFL Writers Group

- 2nd Saturday of the month 12:30-4 pm

Lawyers in the Library

- Main, 1st Wednesday of the month, sign-ups start at 5:30 pm
- West End, 3rd Monday of the month, sign-ups start at 5:30 pm

Cup of Coffee and a Good Book

3rd Wednesday of the month 1:15 pm Bay Farm Island Lib.



Library Locations

Main Library: 1550 Oak Street, 510-747-7777

Bay Farm Island Library: 3221 Mecartney Road, 510-747-7787

West End Librar: 788 Santa Clara Avenue, 510-747-7767



SPECIAL EVENTS: Adults

August

- 2nd, What's Up Big Band Concert 2-4:30 pm (Main Library)
- 4th, World Music w/Alameda String Academy 7:00 pm (West End Library)
- 14th, Libraries Outside kick-off at Concert and the Cove event 5:30-7:30 pm

September

- 12th, Author (Romance) Tawny Weber talk & booksigning 2:30-4 pm (Main Library)
- 14th, Create a mosaic class 5:30-8 pm (Main Library)
- 17th, Alameda Reads book launch at Books Inc.
- 26th, Live @ the Library concert event
- 27th – Oct 3rd, Banned Books Week reading marathon (Main Library)
- Date TBD, Libraries Outside workday with East Bay Regional Parks

October

- 24th, Character Development workshop with Sarah Sundin 2-5 pm (Main Library)
- Date TBD, Libraries Outside presentation by East Bay Regional Parks (Main Library)

November

- 10th, Ken Burn's National Parks Film – Libraries Outside, 5:30 pm (Main Library)
- 14th, National Novel Writing Month (NaNoWriMo) Write-in 12-5 pm (Main Library)
- 15th, SF Shakespeare Festival "Hamlet" 2-5 pm (Main Library)
- 15th, NaNoWriMo – Night of Writing Madly 5-9pm (Main Library)
- 17th, Ken Burn's National Parks Film – Libraries Outside, 5:30 pm (Main Library)
- 21st, NaNoWriMo – Write-In 12-5 (Main Library)
- 24th, Ken Burn' National Parks Film – Libraries Outside, 5:30 pm (Main Library)

PRESCHOOL

Tiny Tots & Small Fry

Ages 3 – 5

The Alameda Recreation and Parks Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Activities include storytelling, games, arts and crafts, cooking, music, motor fitness and free play.

REQUIRED:

- Children must be the correct age on the first day of class
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability
- Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT TIME OF REGISTRATION – NO EXCEPTIONS**

Fall 2015 Session

September 14 - December 11, 2015

No classes Nov. 11 and 23-27

Fall registration began in June with a lottery registration. Open registration will be taken until the end of October, or until a class is full. Classes that do not meet the minimum number of students a week before the class is to begin may be cancelled.

Winter 2016 Session

January 4 – March 25, 2016

No classes Jan 18, Feb. 12 and 15

NEW students for any remaining spots may register Wed., December 9, 2015 at 8:30 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda. (Students in FALL 2015 session have registration priority)



FALL & WINTER FEES (12 Weeks)

Mon, Wed & Fri	Full Payment \$632
	Two Payments \$331 each 1st due on enrolling 2nd due 9/15/15 (Fall) & 1/14/16 (Winter)
Tues & Thurs	Full Payment \$422
	Two Payments \$226 each 1st due on enrolling 2nd due 9/15/15 (Fall) & 1/14/16 (Winter)
Monday – Friday (5 days)	Full Payment \$1,054
	Two Payments \$557 each 1st due on enrolling 2nd due 9/15/15 (Fall) & 1/14/16 (Winter)

PLAY GROUP

Alameda Wee Play

Ages 6 month – 3 years

Come and experience Alameda's play center for infants and toddlers ages 6 month – 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured allowing children to enjoy and explore on their own terms. Children must be accompanied and supervised by a parent or caregiver at all times.

Mon, Wed & Fri*	10:00 a.m. - 1:00 p.m.
Cost: \$6 Drop-in per day per child	or \$60 Drop-in Card for 12 visits
Location: Alameda Veteran's Memorial Building, 2203 Central Avenue	
<i>(Closed - September 7, November 11, 25, 27, December 25)</i>	
<i>Volunteer to set up or clean up and receive free entrance for that day (limited number available)!</i>	



FALL & WINTER SMALL FRY CLASSES (3 to 3 yrs, 11 mos.)

Day	Time	Location	Class # Fall	Class # Winter
Mon, Wed & Fri	9:00am – 12:00pm	Godfrey, Bay Farm Is.	15154	15168
Tues & Thurs	9:00am – 12:00pm	Godfrey, Bay Farm Is.	15155	15170
Mon, Wed & Fri	9:00am – 12:00pm	Littlejohn Park	15156	15169
Tues & Thurs	9:00am – 12:00pm	Littlejohn Park	15157	15171
Tues & Thurs	9:00am – 12:00pm	McKinley Park	15158	15172
Tues & Thurs	9:00am – 12:00pm	Washington Park	15159	15173

FALL & WINTER TINY TOT CLASSES (4 to 5 years)

Day	Time	Location	Class # Fall	Class # Winter
Tues & Thurs	9:00am – 12:00pm	Leydecker, Bay Farm Is.	15161	15174
Mon, Wed & Fri	9:00am – 12:00pm	Leydecker, Bay Farm Is.	15160	15179
Mon, Wed & Fri	9:00am – 12:00pm	McKinley Park	15162	15175
Mon, Wed & Fri	12:00pm – 3:00pm	McKinley Park	15166	15177
Mon, Wed & Fri	9:00am – 12:00pm	Washington Park	15167	15176
Mon, Wed & Fri	9:00am – 12:00pm	Woodstock Park	15163	15178
Tues & Thurs: Bilingual	9:00am – 12:00pm	Woodstock Park	15165	15180

AFTER SCHOOL PROGRAMS

Parks and Playground Program

2015-2016 School Year

Grades K-5

The perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although leaders encourage participation, children are not required to participate in scheduled programs. Activities may include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Monthly activity calendar for each site are available upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service – Parents may leave their child alone at the park at their own risk.

Monday – Friday	3:00p.m. – 5:00p.m.
Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks	
FREE Drop-in Afterschool Activities	
All Sites Closed on School Holidays Labor Day, Monday ~ September 7, 2015 Veteran's Day, Tuesday ~ November 11, 2015 Thanksgiving Day, Thursday ~ November 26, 2015 Day after Thanksgiving, Friday ~ November 27, 2015	

Breakfast with Santa

You better watch out, you better not cry, you better not pout, I'm telling you why – Santa's here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. All attendees must pre-register regardless of age. All children must be accompanied by an adult and pre-registration is required. Space limited to 150 people. Register by November 30. No refunds or credits will be issued.

Saturday, December 12	10:00am – 12:00pm
Location: Albert H. DeWitt O'Club, 641 West Redline Ave.	
Fee \$15 (13 years and older)	Fee \$8 (2 – 12 years)
FREE (under 2)	Class #16174

Santa's Visit Alameda Homes

Ho! Ho! Ho! Santa, Rudolph and the gang will be back in Alameda. Santa will make a special ten-minute visit to your child at home. Arrangements can be made for Santa to bring a gift. Please note that Santa may not be able to speak to every child, if he visits a large party. Reservations will be available starting Nov. 2, 2015 at the ARPD Office.



Saturday, December 19	Class #16175
Sunday, December 20	Class #16176
4:40pm – 8:30pm	\$35 for one 10-minute visit



Recreation Afterschool Program - RAP

Grades K – 5

August 31, 2015 to June 16, 2016

A supervised afterschool program for elementary-aged children with activities including games/sports, cooking, arts and crafts, and a daily snack. RAP leaders meet the students at AUSD schools at dismissal and walk them to the park, where they can stay until 5:30 p.m. (Students must dress appropriately for cold and rainy weather). Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school holidays, legal holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

RAP for 1st through 5th graders is offered at the following sites*:

- NEA & Ruby Bridges Schools – Bayport Park
- Franklin, Haight & Lum Schools – Franklin Park
- Earhart School – Leydecker Park
- Edison & Otis Schools – Lincoln Park
- Bayfarm School – Tillman Park
- Maya Lin & Paden Schools – Washington Park

RAP for Kindergartners is ONLY offered at the following sites*:

- Maya Lin & Paden Schools – Longfellow Park
- Kindergarten payments are different due to a longer supervision time. Fee schedule available at www.alamedaca.gov/recreation

*A minimum of 10 students must be registered at a school in order to be a RAP Pick-Up Site.

SESSIONS	
FALL	August 31 – November 20, 2015
WINTER	November 30, 2015 – March 11, 2016

FALL & WINTER FEES

5 days/week	Full Payment: \$581 Two Payments: \$321 each*
3 days/week	Full Payment: \$383 Two Payments: \$222 each*
2 days/week	Full Payment: \$272 Two Payments: \$166 each*

*FALL: 1st due when enrolling, 2nd due by 10/8/15

WINTER: 1st payment due by 11/19/15, 2nd due by 1/28/16

A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD.

**Winter Fees are listed on ARPD website: www.alamedaca.gov/recreation

NON-SCHOOL DAY PROGRAMS

Rock 'N Roll Trips

Grades K - 5

For all field trips, participants should bring a bag lunch. Morning and afternoon snacks will be provided. Field trip will be off-site between the hours of 8:30am and 4:30pm. Activities are onsite before and after the trips. Details subject to change.

Monday, October 12, 2015	7:30am - 5:30pm
Fee \$75	Class # 16287
Harrison Center (Lincoln Park)	
Hiller Aviation Museum and Marine Science Institute (San Carlos/Redwood City)	

Days in the Park

Grades K - 5

Come spend your non-school days with ARPD! We'll be making special arts & crafts, playing great games, and many more surprises. On Tuesday, we will leave the park and visit the Exploratorium in San Francisco! Bring your own bag lunch; morning and afternoon snack will be provided. Field trip will be off-site between the hours of 8:30am and 4:30pm. Program will be held at Harrison Center (Lincoln Park).



November 23-24, 2015	7:30am - 5:30pm
Fee \$150	Class # 16286
Harrison Center (Lincoln Park)	



CAMPS

Winter Wonderland Camps

Grades K - 5

Make this holiday season special by registering your children for one or both sessions of ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch. Camp will be held at Harrison Center (Lincoln Park).

Camp Session I	
December 21 - 24	9:00am - 3:00pm
Class # 16216	Fee \$120 Resident / \$132 Non-Resident
Session I - Extended Care (No Afternoon Care on 12/24/15)	
7:30 - 9:00am & 3:00 - 5:30pm	
Class # 16218	Fee \$52
Camp Session II	
December 28 - 31	9:00am - 3:00pm
Class # 16217	Fee \$120 Resident / \$132 Non-Resident
Session II - Extended Care (No Afternoon Care On 12/31/15)	
7:30 - 9:00am & 3:00 - 5:30pm	
Class # 16219	Fee \$52

Ninjaneering LEGO® Camp

Ages 5 - 10

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire temp, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experienced Play-Well Instructor while exploring the fantasy world of Ninjago. Instructor: Play-Well TEKnologies

Nov. 23 - Nov. 25	Monday, Tuesday, Wednesday
9:00 - 12:00 pm	Veteran's Memorial Building, Room 120
Class# 16235	Fee \$157.00 (No. of classes: 3)

ENRICHMENT

Dance with Me

Ages 3 - 4 with Caregiver

You and your little one will gain flexibility while learning the basic positions and steps of ballet alongside one another! This is a great way to get exercise and introduce your child to the world of ballet! No previous experience necessary. ABA does have a dress code, please contact us at admin@alamedaballet.com (subject line: ARPD) prior to your first class, about obtaining dancewear. Voted Best Ballet Classes in the East Bay by Parents' Press!

Instructor: Alameda Ballet Academy

Saturday	Sep. 19 - Nov. 21	9:45 - 10:30 am
External Facilities, Alameda Ballet Academy		
Fee: \$193.00	(No. of classes: 10)	Class# 16221

Ballet 1

Ages 6 - 7

To achieve the beautiful posture and grace of a dancer, students begin by learning the concepts of stretching, strengthening and coordination. Working in first and second positions students learn the basic exercises which comprise a ballet barre and center floor work. Prior to the first class, please contact ABA about their dress code and obtaining dancewear at admin@alamedaballet.com. Voted Best Ballet Classes in the East Bay by Parents' Press!

Instructor: Alameda Ballet Academy

Tuesday	Sep. 15 - Nov. 17	3:45 - 4:45 pm
External Facilities, Alameda Ballet Academy		
Fee: \$208.00	No. of classes: 10	Class# 16222
Thursday	Sep. 17 - Nov. 19	3:45 - 4:45 pm
External Facilities, Alameda Ballet Academy		
Fee: \$208.00	No. of classes: 10	Class# 16223
Saturday	Sep. 19 - Nov. 21	11:45 - 12:45 pm
External Facilities, Alameda Ballet Academy		
Fee: \$208.00	No. of classes: 10	Class# 16224

Ballet for Kids

Ages 6-9

This class is an excellent introduction to ballet! During this 1.5 hour class, we will concentrate on motor skills, such as balance and coordination. Children learn the basics of Ballet and develop a technical foundation. Required dress code - leotard, tights, and ballet jazz shoes. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org.

Instructor: Dance/10

Monday	Sep. 14 - Dec. 14 No class on Nov. 23	3:30 - 5:00 pm
External Facilities, Dance 10 Performing Arts Center		
Fee: \$308.00	No. of classes: 13	Class# 16229

Boys Club

Ages 6 - 10

Boys Only Dance Class! Students will receive instruction in jazz, tap, hip hop and tumbling. Emphasis will be on instructing students to develop as 'strong' dancers. Students should be dressed in athletic wear. Tap and jazz shoes will be required for class. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org. Students will have the opportunity to participate in Holiday recital on 12/13/15. Costume fee and admission fees additional. Participation is optional.

Instructor: Dance/10

Friday	Sep. 18 - Dec. 18 No class on Nov. 27	4:00 - 5:30 pm
External Facilities, Dance 10 Performing Arts Center		
Fee: \$353.00	No. of classes: 14	Class# 16230

Cooking Round the World

Ages 6 - 10

Cooking Round the World is the juncture where cultural education meets culinary arts. Each class session we 'visit' a new country, cook 2 dishes, and discuss how food is reflective of cultural difference. Other activities include language acquisition and a folktale. Educational, delicious, and fun! We are a nut free program. No tree nuts or peanuts in any recipe. There is a \$50.00 materials fee payable to the Instructor on the first day.

Instructor: Mindy Myers



Wednesday	Sep. 23 - Dec. 2 No class on Nov. 25	2:30 - 4:00 pm
Woodstock Park, Center		
Fee: \$183.00	No. of classes: 10	Class# 16220

Video Game Design

Beginning to Advanced

Ages 8 - 12

Advanced gamers learn new game design techniques including multiple character animations and movement options, platform style and multiple game genres. Beginners work in pairs and are introduced to fundamental game design elements.

Instructor: Freshi Media



Tuesday	Oct. 6 - Nov. 24	3:30 - 4:45 pm
Veteran's Memorial Building, Auditorium - Room 250		
Fee: \$123.00	No. of classes: 8	Class# 16199

Hip Hop

Pre-Teen/Teen, Ages 9 - 16

Add a new groove to your walk. Class is intermediate level and recommended for students with some dance background. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Students should be dressed in athletic wear and tennis shoes. Students will have opportunity to participate in Holiday recital on 12/13/15. Costume fee and admission fees additional, participation is optional.

Instructor: Dance/10

Saturday	Sep. 19 - Dec. 5 No class on Nov. 28	11:00 - 12:00 pm
External Facilities, Dance 10 Performing Arts Center		
Fee: \$190.00	No. of classes: 11	Class# 16227

Hip Hop Stars

Ages 4 - 6

High energy introduction to dance for energetic movers and shakers with little to no dance experience. The class combines hip hop and tumbling. Students should be dressed in athletic wear and sneakers. Students will have the opportunity to participate in Holiday recital on 12/13/15. Costumes fee and admission fees additional, participation is optional. There is no class on 11/27/15.

Instructor: Dance/10

Tuesday	Sep. 15 - Dec. 15 No class on Nov. 24	3:45 - 4:30 pm
External Facilities, Dance 10 Performing Arts Center		
Fee: \$223.00	No. of classes: 13	Class# 16228
Friday	Sep. 18 - Dec. 18 No class on Nov. 27	5:30 - 6:15 pm
External Facilities, Dance 10 Performing Arts Center		
Fee: \$223.00	No. of classes: 12	Class# 16226



Oakland Youth Chorus

Alameda Miracles

Grades K - 5

Oakland Youth Chorus (OYC) is a professional, award-winning music education and performance program focused on transforming lives and communities through singing. Students explore the world through music while building musical skills. Assistance available. There is a \$10.00 materials fee payable to the Instructor on the first day of class. Please visit www.oaklandyouthchorus.org

Instructor: Oakland Youth Chorus Staff

Kindergarten - 2 Grade		
Tuesday	Sep. 15 - Dec. 15	4:30 - 5:30 pm
Veteran's Memorial Building, Room 120		
Fee: \$159.00	No. of classes: 13	Class# 16210
3 - 5 Grade		
Tuesday	Sep. 15 - Dec. 15	5:30 - 6:30 pm
Veteran's Memorial Building, Room 120		
Fee: \$159.00	No. of classes: 13	Class# 16211

Original Play Project

Ages 6 - 13

Create your own original play! Create your own character, work as a team to develop an exciting story, write the script, design the costumes, make up and props. The class ends with a performance of the original work. \$10.00 lab fee due to Instructor on the first day.

Instructor: Angela Dant, Virago Theatre Company

Thursday	Sep. 17 - Dec. 17	4:30 - 5:30 pm
Veteran's Memorial Building, Room 120		
Fee: \$198.00	No. of classes: 13	Class# 16193

Taiko Drums

Ages 10+, See Page 25

Square Up!

Ages 12+, See Page 25



FITNESS

Kids Gymnastics

Ages 12 - 23 Months with Parent Participation

Ruby's Tumbling is a family owned business for more than 24 years. This will be a fun classroom setting for youngest designed to teach them the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

Instructor: Ruby Gama

Ages 12 - 23 Months with Parent Participation

Thursday	Sep. 3 - Nov. 12 No Class October 29	9:15 - 10:00 am
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External Facilities, Ruby's Tumbling

Fee: \$140.50	No. of classes: 10	Class# 16291
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Ages 24 Months - 3 Years with Parent Participation

Thursday	Sep. 3 - Nov. 12 No Class October 29	10:15 - 11:00 am
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External Facilities, Ruby's Tumbling

Fee: \$140.50	No. of classes: 10	Class# 16292
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Ages 3 - 5

Wednesday	Sep. 9 - Nov. 18 No Class Sept. 30	5:15 - 6:00 pm
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External Facilities, Ruby's Tumbling

Fee: \$153.00	No. of classes: 10	Class# 16293
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Ages 6 - 8

Wednesday	Sep. 9 - Nov. 18 No Class Sept.30	4:00 - 5:00 pm
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External Facilities, Ruby's Tumbling

Fee: \$165.50	No. of classes: 10	Class# 16294
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Omega Martial Arts for Youth

Ages 5 - 12

A Mixed Martial Arts class for fitness, self-defense and personal development, students will learn to combine striking with grappling and can earn a belt rank. Classes are for all abilities and experience levels. Instructor: Napoleone Carlo Valero

NEW

Monday & Wednesday	Sep. 14 - Dec. 16 No Class Nov. 11, 2015	5:00 - 6:00 pm
Veteran's Memorial Building, Auditorium - Room 250		
Fee: \$273.00	No. of classes: 27	Class# 16285

AQUATICS

Due to the retrofit of Encinal Swim Center ARPD will not be offering Aquatic Programming in the Fall of 2015.



SPORTS

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring shin guards and a water bottle.

KLS rain hotline (888) 372-5803

Wednesdays	Sept. 23 - Nov. 11
Fee: \$112	Upper Washington Park
Mommy/Daddy & Me Soccer (2-3.5yrs)	
4:40 pm - 5:10pm	Class # 16103
Tot/Pre-Soccer (3.5-5yrs)	
3:10 pm - 3:45pm	Class # 16133
Soccer 1: Techniques & Teamwork (5-6yrs)	
3:45 pm - 4:30pm	Class # 16135

Saturday Classes	Sept. 26 - Nov. 14
Fee: \$112	Upper Washington Park
Mommy/Daddy & Me Soccer (2-3.5yrs)	
11:30 am - 12:00 pm	Class # 16102
Tot-Soccer (3.5-5yrs)	
9:15 am - 9:50 am	Class # 16132
Soccer 1: Techniques & Teamwork (5-6yrs)	
9:50 am - 10:35 am	Class # 16134
Soccer 2: Skillz & Scrimmages (7-10yrs)	
10:35 am - 11:20 am	Class # 16136



ENRICHMENT

Alameda Youth Committee (AYC)

Grades 6 - 12

Alameda Youth Committee (AYC) is currently recruiting members for the 2015-2016 School Year! Get involved with planning activities for teens: dances, excursions, training, community issues, fundraising and beyond. We are seeking responsible and motivated teens who would like to get hands-on experience with volunteerism, leadership and event planning. Your creativity, past experience, social ability and community spirit are needed to assist the Alameda Recreation and Park Department. A commitment is required and community hours will be earned when you participate with AYC. Interviews will be conducted prior to acceptance into AYC. New this year, join AYC's Executive Board! Executive Board members will play an integral role in decision making and group leadership. For more information, please call Shawn Smith, Recreation Services Specialist, at (510) 747-7555 or e-mail him at sdsmith@alamedaca.gov.



Wednesdays

(Meetings are most 1st and 3rd Wednesdays, schedule provided in fall)

Sep. 2 - Jun. 8	4:00 - 5:00 pm	Class# 16173
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Veteran's Memorial Building, Room 390

Broadway Jazz - Teen/Adult

Ages 14+, See Page 24

Driver Education Internet Study

Ages 15+

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you! This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion. This class is a requirement for teens under 18 years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Sign up anytime and take the online course at a time convenient for your schedule. Upon registration, please notify Recreation Services Specialists, Shawn Smith, at sdsmith@alamedaca.gov.

Ages 15+	Class# 16172	Fee: \$45.00
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Taiko Drums

Ages 10+, See Page 25

Square Up!

Ages 12+, See Page 25



Adventurous Day Trips

Stay tuned for adventurous day trips for Teens and Tweens coming this FALL!

Check back soon for Teen/Tween activities with ARPD on **October 12** (AUSD Staff Development Day), and **November 23** (first day of Thanksgiving break).

Please visit our website or come to the Underground Teen Center this fall to learn more!

Teen Haunted House - 12th Annual October 23, 24, 25

VOLUNTEERS NEEDED!

Teen groups/clubs, and individuals are needed to assist in planning, creating, and working at this year's 12th Annual Teen Spook-tacular Haunted House. You will have the opportunity to have fun, meet new friends, and earn community service hours while creating an awesome Haunted House for the Alameda community. Meetings are held on Wednesdays, starting mid-September at The Underground Teen Center. Location, set-up time, wrap-up, and operation of the Haunted House will be announced once Halloween approaches. A short-term commitment is required to ensure the success of this event. All proceeds will benefit the ARPD Teen Programs.

For more information, please contact the Teen Coordinator at 510-747-7555, see the back cover of this issue or visit www.alamedaca.gov/recreation for event times and entrance fees.



TWEEN/TEEN - AFTER SCHOOL & VOLUNTEER

AFTER-SCHOOL CARE

The Underground

Drop-In for Grades 6 - 12 in Alameda

Veteran's Memorial, 2203 Central Ave., downstairs in Room 170
The Underground Teen Center has computers, big screen TV, pool table, video games, ping pong, board games, music, snack bar, and adult supervision. There is no charge to use The Underground. Participants need to register at the center and must sign-in and sign-out on a daily basis.

Open Monday through Friday (closed school holidays)	3:00pm to 5:30pm
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The Underground - Transportation Grades 6 - 12

CLUB Underground is after school transportation from AUSD middle schools in ARPD vehicles to The Underground program. Transportation is not available on public school Holidays, AUSD staff development days, or unscheduled early release days. Participants must be registered before allowed to ride in ARPD vehicles.

Monday, Tuesday, Thursday, Friday	Pick-up: 2:30 - 3:25pm (varies by school)
Wednesday	Pick-up varies by school
Academy of Alameda	Class# 16156
Alameda Community Learning Center	Class# 16155
Bay Farm School	Class# 16157
Junior Jets	Class# 16159
Lincoln Middle School	Class# 16160
NEA	Class# 16161
Wood Middle School	Class# 16162

VOLUNTEER

Operation Green Sweep

Grades 6 - 12 - Volunteer

Green Sweep is looking for teens who want to earn community service hours by helping to maintain and beautify our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on scheduled days to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, etc. Equipment will be provided to participants for different projects. Transportation will be provided to and from the parks. Registrations will be taken until program is full. Program will be held weather-permitting. For more information, please call Shawn Smith, Recreation Services Specialist, at (510) 747-7555 or email him at sdsmith@alamedaca.gov.

Friday	Sep. 18 - Nov. 20	3:30 - 5:00 pm
Underground Teen Center, Veterans Memorial Building		
Fee: \$45.00	Class# 16163	

Teens Teaching Technology

Grades 6 - 12 - Volunteer

This program is a new collaboration between the Mastick Senior Center and the Underground Teen Center. Teens will meet at Mastick Senior Center and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads and Android), and laptops. Teens need to notify Teen Coordinator if they are not able to attend a session for any reason; otherwise, it will be assumed that you will be in attendance. Volunteer hours can be earned for service, please inquire with Teen Coordinator. If teens need a ride from the Underground, please inquire with the Teen Center staff (teen must be a registered member of the Underground, in order to be eligible for the van ride). New this fall: during the November class, teens will teach Mastick members how to use different forms of social media such as Facebook, Twitter, and Instagram!

Thursday	Sep. 17	4:00 - 5:00 pm
Mastick Senior Center, Room C		Class# 16165
Thursday	Oct. 15	4:00 - 5:00 pm
Mastick Senior Center, Room C		Class# 16166
NEW! Teens Teaching Social Media		
Thursday	Nov. 19	4:00 - 5:00 pm
Mastick Senior Center, Room C		Class# 16167

Teen Volunteer Program

Grades 7 - 12 - Volunteer

This program is for youth who are interested in volunteering at ARPD parks and playgrounds during the fall. The Teen Volunteer Program is a great opportunity to gain job experience and satisfy school community service requirements. Students must complete a volunteer application form and return it to the Recreation and Park Department, 2226 Santa Clara Ave. Applicants will be contacted for an interview. Interviews do not guarantee acceptance into the program. Upon selection, volunteers must attend a training session. Registrations and/or interviews less than one week prior to training session date will not be accepted. Limit 24 students per training session. For more information, please call Shawn Smith at (510) 747-7555 or email him at sdsmith@alamedaca.gov.

Training date: Thursday, Sep. 24	4:00 - 5:30 pm
Veteran's Memorial Building, Room 390	
Fee: \$45.00	Class# 16164



CHUCK CORICA GOLF COMPLEX

1 Clubhouse Memorial Drive
747-7800 • www.alamedagolf.com

A golfers destination with 45 holes of challenging, yet enjoyable golf, a staff of PGA Professionals, pro shop, night lighted driving range, teaching academy, practice areas, restaurant, lounge and 9-hole Mif Albright course. Perfect for beginners and seniors.

The Earl Fry (North) and Jack Clark (South) Courses offer two scenic and challenging championship layouts that will challenge anyone's golfing skills. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons.

Practice Makes Perfect... Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Chuck Corica, designed for beginners or those wanting to improve their short game, the par-three 9-hole MIF Albright course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of California's largest driving ranges is what you need to get started or to lower those scores.

Lucious Bateman Driving Range

- Upgraded mats
- 13 different targets
- Grass hitting surface coming soon
- Top quality range balls
- Custom club fitting by trained experts
- Lighted driving range
- Covered hitting stalls during inclement weather

Norma Arnerich Teaching Academy

- Private teaching stalls
- Indoor teaching center
- State of the art video equipment
- Individual and group lessons available.

REES JONES GOLF COURSE IMPROVEMENTS UNDERWAY

The project includes a full redesign of tees, greens and fairways by the world-renowned architect Rees Jones, re-contouring of all holes, improved drainage, irrigation, cart paths and re-grassing. The South Course will reopen late 2016 with all 18-holes.

The North Course along with the Mif Albright Par 3 and Practice Facility will remain open without interruption during the South Course Renovations.

**Your ongoing support is appreciated
while improvements are ongoing.**

**Please visit AlamedaGolf.com
for further updates on all course renovations.**



Residents (without cart)	Mon. – Fri.	Sat., Sun., & Holidays
General	\$29.00	\$37.00
Senior (Age 60 & Above)	\$24.00	\$37.00
Junior (Earl Fry Mon-Fri after 12:00)	\$1.00	\$1.00 (after Twilight)
Twilight (2pm in summer & 12pm in winter)	\$24.00	\$24.00
Late Twilight (4pm in summer & 2pm in winter)	\$19.00	\$19.00
9-holes (1st 2-hours of the day)	\$19.00	\$24.00
Tournament (Cart included)	\$54.00	\$62.00
Tournament – Senior (Cart incl.)	\$37.00	\$62.00

Mif Albright Par 3 Course

Residents	\$13.00
Non-Residents	\$16.00
Seniors over 60	\$10.00
Juniors under 18 - Non-Resident	\$10.00
Alameda Juniors	\$1.00



TENNIS - ALL AGES

TENNIS

Locations

Krusi Tennis Courts	Otis Dr. & High St
Fairfield Tennis Courts	740 Central Ave at 8th St. Lower Washington Park
Leydecker Tennis Courts	3225 Mecartney Road Bay Farm Island

Monday Morning Lessons

Ages 18 & Up

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics.



Fairfield Tennis Courts

Monday	\$100 per session	\$20 drop in
Sept. 14 – Oct. 19	9:00 a.m. – 10 a.m.	Class # 16084
Oct. 26 – Nov 30	9:00 a.m. – 10 a.m.	Class # 16085
<i>Rain outs will be made up at the end of the session</i>		

Evening Lessons

Ages 18 & Up

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game.

Fairfield Tennis Courts

Tuesday and Thursday	\$100 per session	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Intermediate	7:30 p.m. - 8:30 p.m.	
6 classes	Beginner	Intermediate
Sept. 1 – 17	Class # 16086	Class # 16089
Sept. 22 – Oct. 8	Class # 16087	Class # 16090
Oct. 13 – Oct. 29	Class # 16088	Class # 16091
<i>Rain outs will be made up at the end of the session</i>		



10 and Under Tennis

Ages 5 – 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Krusi Tennis Courts

Saturdays	\$100 per session (6 classes per session)	\$20 drop in
Drop-in Only: Sept. 19 – Dec. 5		
5 - 6 year old (Mommy/Daddy & Me)	11:00 a.m. – 12:00 p.m.	
7 - 8 year old	9:00 a.m. – 10:00 a.m.	
9 - 10 year old	10:00 a.m. – 11:00 a.m.	

Private and Semi Private Lessons

Ages 6 and Up

ARPD tennis instructors are available for private and semi private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our instructors are experienced tennis teachers, many of whom are certified professionals. Call 510 747-PLAY for scheduling.

Private Instruction:

1 hour lesson	\$45	4 one-hour lessons	\$180
Semi Private (Must have partner)			
1 hour lesson	\$60*	4 one-hour lessons	\$240*
* price listed is for two participants			

home is
not crying when he leaves for his first day of school.

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REALTOR® is easy at:
www.Alameda.REALTOR
510.523.7229

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- ✓ First-hand knowledge of local property values
- ✓ History and background of real estate on the Island
- ✓ The neighborhoods - the schools - the things that make it special
- ✓ To help you realize your real estate dreams

FACILITY & PARK RENTALS

ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

Park & Facility Issues Line

To report an issue in a park or facility 747-7542

Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 250 people.

Resident Private Rental Fees (4 hour minimum)

Main Dining Room (250 max)	\$180/hour
Trident Room (120 max)	\$150/hour
Terrace Room (90 max)	\$120/hour
Squadron Room (50 max)	\$60/hour
Security deposit applies to all rentals	\$500
Other fees may apply	



Recreation Centers at Bayport, Leydecker & Lincoln Parks

Recreation Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions.

Resident Private Rental Fee (2 hour min)	\$90/hour
Security deposit	\$300
Additional fee structure and other fees may apply.	

Picnic Areas and Athletic Fields

These are available to individuals and organizations. Alcohol is not permitted. Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm.

Resident Private Rental Fee (3 hour min)	\$30-80/hour depending on number of tables
Other fees may apply	

Meyers House and Garden

2021 Alameda Ave.

Owned and operated
by Alameda Museum

Alameda's first and only House Museum and a beautiful space for wedding and small receptions. The Alameda Historical Museum sponsors a house tour the 2nd and 4th Saturday of each month, from 1 – 4 p.m.. Admission is \$5 per person and all proceeds are put back into the House and Gardens.



**Contact Katherine at (510) 747-7576
for facility rental information.**

**Reservations accepted in the ARPD Office
(2226 Santa Clara Ave., Alameda)
or e-mail your facility use permit with
payment to arpd@alamedaca.gov.**

**All facility reservations must be made at
least 7 working days in advance.**

ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal and Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aer-o-nuts. For more info, visit www.aero-manics.com. Fees are not required for flying model airplanes but proof of personal liability insurance is required.

FACILITIES & PARKS

**ENJOY
ALL THAT THE
CITY OF
ALAMEDA
HAS TO
OFFER!**



ARPD Main Office

2226 Santa Clara Ave.

747-PLAY

ARPD@alamedaca.gov

www.alamedaca.gov/recreation

Online registration:

www.arpdeplay.com

www.facebook.com/playARPD

Park and facility issues

- after hours 747-7542

Field Condition Hotline

- after 2pm 747-7540



CLASS LOCATIONS

Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Ave.
Dance/10 Performing Arts Center	(510) 522-5678 900 Santa Clara Avenue
Encinal High School	210 Central Ave.
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue
Twin Towers Church	(510) 522-6744 1411 Oak Street



FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-purpose Field	1101 West Redline Ave.	747-PLAY
Bayport Park	301 Jack London Ave.	263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Chuck Corica Golf Complex	1 Clubhouse Memorial Dr.	747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	522-4590
Estuary Park	200 Mosley Ave	
Franklin Park	1432 San Antonio Ave.	522-3132
Godfrey Park	281 Beach Rd.	521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Jean Sweeney Open Space Park	1925 Sherman St.	
Krusi Park	900 Mound St.	522-4341
Leydecker Park	3225 Mecartney Rd.	521-1266
Lincoln Park/Harrison Center	1450 High St.	523-6222
Littlejohn Park	1401 Pacific Ave.	523-1510
Longfellow Park	520 Lincoln Ave.	522-5262
Main Street Dog Park	Main St. & Navy Wy.	
Main Street Linear Park	Main St.	
Main Street Soccer Field	Main St. & Appezzato Pkwy.	
Marina Cove Waterfront Park	1591 Clement Ave.	
Mastick Senior Center	1155 Santa Clara Ave.	747-7500
McKinley Park	2165 Buena Vista Ave.	522-6161
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	521-8307
Towata Park	3315 Bridgeway Isle	
Underground Teen Center	Veteran's Building, Rm 170	748-9466
Veteran's Memorial Building	2203 Central Ave.	864-4017
Washington Park	740 Central Ave.	521-0162
Woodstock Park	351 Cypress St.	521-0656



KAYAKING - ALL AGES

KAYAKING

All minors need to be accompanied by a parent or guardian. No experience is necessary; however some courses provide more instruction than others. Upon registering, please email Instructor at stackedadventures@gmail.com for information specific to your class.

Family Kayaking

Ages 4+ (accompanied by paid parent)

Join us for a special kayak tour of Bay Farm Lagoon that is perfect for the 'little ones'. Kayak in calm shallow waters using very stable kayaks with a stop at the playground. Class will meet at the beach just beyond the playground at the cross streets of Beaufort Harbor Landing and Coleport Landing - on the lagoon. Fee covers 1 adult and 2 children, or 2 adults and 1 child. Instructor: Joseph Stack

Friday	Sep. 11	3:30 - 5:00 pm
External Facilities, Bay Farm Lagoon		
Fee: \$73.00	No. of classes: 1	Class# 16271
Friday	Oct. 2	3:30 - 5:30 pm
External Facilities, Bay Farm Lagoon		
Fee: \$73.00	No. of classes: 1	Class# 16272
Sunday	Oct. 18	3:30 - 5:00 pm
External Facilities, Bay Farm Lagoon		
Fee: \$73.00	No. of classes: 1	Class# 16273
Friday	Nov. 6	3:30 - 5:00 pm
External Facilities, Bay Farm Lagoon		
Fee: \$73.00	No. of classes: 1	Class# 16274

Learn to Kayak

Ages 12+ (minors accompanied by parent/guardian)

Learn everything you need to know to get started kayaking, including paddling techniques, boats and gear, tides and current, trip planning, water safety, and self-rescues.

Instructor: Joseph Stack

Saturday	Sep. 26	9:00 - 2:00 pm
Encinal Boat Ramp		
Fee: \$78.00	No. of classes: 1	Class# 16269



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in our community!**

510-239-7425
AlamedaBackyardGrowers.org

Kayak and Dine

Ages 12+ (minors accompanied by parent/guardian)

Spend your afternoon touring the Oakland Estuary, circling Coast Guard Island and enjoying the marine life with a break for lunch at Quinn's Light House Restaurant. Enjoy the sea breeze, sunshine and local cuisines.

Instructor: Joseph Stack

Saturday	Oct. 17	11:00 - 2:30 pm
Grand Street Boat Ramp		
Fee: \$63.00	No. of classes: 1	Class# 16278

Couples Kayak Tour

Ages 12 + (minors accompanied by parent/guardian)

Share the day with that special someone with a kayak tour designed just for couples using double kayaks. We will tour the local water ways, enjoying the sights and marine life including a picnic lunch.

Instructor: Joseph Stack

Saturday	Oct. 31	11:00 - 2:30 pm
Boat Ramps, Grand Street Boat Ramp		
Fee: \$78.00 per person	No. of classes: 1	Class# 16268

USS Hornet Kayak Tour

Ages 12+ (minors accompanied by parent/guardian)

Join us for a special tour of the USS Hornet via kayak enjoying the marine life along the way. Get a completely different perspective on these giant war ships, and learn a little history too! No experience necessary.

Instructor: Joseph Stack

Sunday	Nov. 29	9:00 - 12:00 pm
Encinal Boat Ramp		
Fee: \$63.00	No. of classes: 1	Class# 16277

Christmas Lights Boat Parade Kayak Tour

Ages 10+ (minors accompanied by parent/guardian)

Enjoy the Christmas Lights Boat Parade via kayak. We will launch close to the parade using very stable and safe double sea kayaks; ideal for beginners. Hot cocoa and tea provided.

Instructor: Joseph Stack

Saturday	Dec. 5	5:00 - 6:30 pm
Grand Street Boat Ramp		
Fee: \$43.00	No. of classes: 1	Class# 16280



Birder's Kayak Tour

Ages 10+ (minors accompanied by parent/guardian)

This is a birder's delight as we paddle into the Arrowhead Marsh area of MLK Jr. Regional Park enjoying the morning feeding frenzy of the many types of bird and marine life. Bring your camera! Instructor: Joseph Stack

Saturday	Dec. 12	9:00 - 12:00 pm
Towata Park		
Fee: \$63.00	No. of classes: 1	Class# 16281

Kayaking For Boomers Series

Ages 18+

This series will cover kayaking equipment, paddle techniques and rescues, on-land transportation and storage, kayaking planning (tides, maps, etc.) and safety. Each day we will begin with on land instruction developing and challenging our kayaking skills and knowledge. Then tour the area practicing our new skills. The goal of the series is to have you mentally and physically ready to paddle on your own with the confidence and desire to keep developing your kayaking skills at your own pace.

Instructor: Joseph Stack

Series 1		
Friday	Sep. 4, Sep. 18, Oct. 2	9:00 - 12:00 pm
Grand Street Boat Ramp, Encinal Boat Ramp, Towata Park		
Fee: \$113.00	No. of classes: 3	Class# 16283
Series 2		
Monday	Sep. 14, Sep. 28, Oct. 12	9:00 - 12:00 pm
Grand Street Boat Ramp, Encinal Boat Ramp, Towata Park		
Fee: \$113.00	No. of classes: 3	Class# 16282
Series 3		
Monday & Friday	Oct. 26, Oct. 30, Nov. 9	9:00 - 12:00 pm
Grand Street Boat Ramp, Encinal Boat Ramp, Towata Park		
Fee: \$113.00	No. of classes: 3	Class# 16284




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		West Ham United International Academy Ages 7-17 Elite player development
		Youth Soccer Leagues & Tournaments Recreational & competitive indoor & outdoor leagues



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ENRICHMENT

Alameda Community Band

Enjoy the experience of rehearsing and performing great concert band music from Bach to Sousa to Rock. Some experience required on woodwind, brass or percussion instruments.

Instructor: Michael Wirgler

Tuesday	Sept. 1 - Dec 8 No class: Nov. 24	7:30 p.m. - 9:30 p.m.
Encinal High School, Band Room		
Fee: \$78	No. of classes 14	Class #15669

Alameda Community Chorus (ACC)

ACC sings choral seasonal repertoire – Classical, Broadway, World, Contemporary, Traditional – culminating in performances. 'Bring a Friend Open House' first class session on September 14. For scholarships call 510-748-9087. Short vocal evaluation for parts assignment. \$30 music fee will be due to teacher at first class.

Instructor: Kathryn Neale Manalo

Monday	Sept. 14 - Nov. 30 No class: October 12 and November 23	
Friday	December 4	
Sunday	December 6	
Alameda High School, Band Room		6:45 pm - 9:15 pm
Fee: \$145	No. of classes: 13	Class# 15670

Adult Ballet with Dance/10

Ages 18+

Have you always wanted to learn Ballet? Did you study as a child? Or do you want to work on flexibility and balance? If you answered yes to any of these, this class is for you! Dancewear/ athletic wear acceptable for class; ballet shoes required. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org. Instructor: Dance/10

Friday	Sept. 18 - Dec. 18 No class on Nov. 27	6:30 - 7:30 pm
External Facilities, Dance 10 Performing Arts Center		
Fee: \$223.00	Class# 16234	

Adult Introduction to Ballet, Alameda Ballet Academy

Ages 18+

Dream of learning ballet? Here's your chance! Created for adults with no prior, or limited dance experience. Learn fundamental ballet basics and gain strength, flexibility, improved balance and coordination. Offered in a supportive, joyful environment.

Instructor: Alameda Ballet Academy

Tues. and Sat.	Sept. 8 - Oct. 27	6:30 - 7:30 pm
External Facilities, Alameda Ballet Academy		
Fee: \$187.00	Class# 16225	

Adult Learn to Sail

Ages 18+

Adult course that will teach you how to sail a small sailing dinghy in protected water and build your skills for bigger sailing adventures. Two weekends; certified Instructors. Sailing dinghies and personal floatation devices provided.

Instructor: Alameda Community Sailing Center

Saturday, Sunday	Sept. 19 & 20 and Oct. 3 & 4	9:30 - 4:30 pm
Boat Ramps, Encinal Boat Ramp		
Fee: \$403.00	No. of classes: 4	Class# 16189
Saturday, Sunday	Oct. 17 & 18 and Oct. 31 & Nov. 1	9:30 - 4:30 pm
Boat Ramps, Encinal Boat Ramp		
Fee: \$403.00	No. of classes: 4	Class# 16190

Bradley Method of Natural Childbirth

Ages 18+

Class teaches families natural birth. Each class has a specific topic covered in detail, along with covering nutrition, exercise, positive communication and coaching. Relaxation techniques and demonstrations also practiced. Recommended to enroll at 5 or 6 months pregnant to ensure completion. Cost includes expecting mother and spouse/coach if applicable, and workbook.

Instructor: Danielle Pence

Tuesday	Sept. 15 - Dec. 1	6:30 - 9:00 pm
Veteran's Memorial Building, Room 120		
Fee: \$478.00	No. of classes: 12	Class# 16187

Broadway Jazz - Teen/Adult

Ages 14+

This class combines classical jazz technique with Broadway-style routines and music. Routines change regularly to keep you on your toes and able to learn material and styles quickly. You'll get a great work out and have fun! This is an advanced-beginner/ intermediate level, and some dance background is helpful. Jazz shoes required.

Instructor: Dance/10

Monday	Sept. 14 - Dec. 14 No class on Nov. 23	8:30 - 9:30 pm
External Facilities, Dance 10 Performing Arts Center		
Fee: \$207.00	No. of classes: 13	Class# 16232



Easy Cooking with Fresh Ingredients

Ages 18+

Eating fresh, healthy foods doesn't have to be complicated or expensive! Learn how to make quick, delicious meals from fresh, organic unprocessed ingredients. Includes a brief urban foraging tour, and all ingredients.

Instructor: Johanna Dehlinger

NEW

Saturdays	Sep. 19, Oct. 3 & 17	10:00 - 1:00 pm
Leydecker Park, Center		
Fee: \$198.00	No. of classes: 3	Class# 16182

Ghost Hunting 101

Ages 18+

Curious about the paranormal? Learn the basics of paranormal investigation taught by an investigator with almost 30 years of experience. Last class will be a hands-on investigation in the class building, which is haunted!

Instructor: Karen Zimmerman

Wednesday	Sep. 30 - Oct. 21	7:00 - 9:00 pm
Veteran's Memorial Building, Room 120		
Fee: \$25.00	No. of classes: 4	Class# 16183

Introduction to Taiko Drums (Beginner)

Ages 10+

An Introduction to the rhythms and movement of Japanese Taiko Drumming. This class is fun and provides moderate aerobic exercise for everyone. There is a \$5 materials fee payable to instructor at first session.

Instructor: Kaji Yama Taiko Group

Tuesday	Sep. 15 - Nov. 17	6:30 - 7:30 pm
Albert H. DeWitt Officers' Club, Terrace Room		
Fee: \$103.00	No. of classes: 10	Class# 16184

Intermediate Taiko Drums

Ages 10+

Complex and physically demanding Japanese Taiko Drumming. This class provides vigorous exercise and teaches students the skills needed to present a performance: drumming styles, staging, and varieties of equipment. There is a \$5 materials fee due to instructor at the first class.

Instructor: Kaji Yama Taiko Group



Tuesday	Sep. 15 - Dec. 15	7:30 - 8:30 pm
Albert H. DeWitt Officers' Club, Terrace Room		
Fee: \$143.00	No. of classes: 14	Class# 16185

Meela's Indian Kitchen

Ages 18+

India's culinary history is one of the most ancient and diverse. Subtle and richly layered, this intricate cuisine will come alive with students preparing a multi-course aromatic feast from appetizer to dessert! Supply fee of \$13 due to Instructor at time of class.

Instructor: Meela Shah

Saturday	Oct. 10	10:00 - 1:30 pm
Leydecker Park, Main Room		
Fee: \$56.00	No. of classes: 1	Class# 16181

Square Up!

Ages 12+ (minors accompanied by parent/ guardian)

Learn California's official folk dance! Singles, couples and youth (with parents) are welcome as we learn the basic moves of square dance. No special costumes needed. Wear comfortable shoes.

Instructor: Charles Clay

Wednesday	Sep. 16 - Dec. 16	7:00 - 9:00 pm
No class on Nov. 11		
Leydecker Park, Main Room		
Fee: \$53.00	No. of classes: 13	Class# 16186

Voiceovers Introduction

Fun, empowering introductory workshop covering the different aspects of the voice over industry and the tools needed to succeed. Receive a professional voiceover evaluation. Discover if voice acting is something you'd like to pursue!

Instructor: Voices for All, LLC

Tuesday	Oct. 6	7:00 - 9:00 pm
Veteran's Memorial Building, Room 390		
Fee: \$65.00	No. of classes: 1	Class# 16188

Parks Hotline 510-747-7542

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or call on weekends to talk to ARPD Park Monitors
for any park-related concern

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FITNESS

Aikido with Tom Reed

Ages 18+

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency rather than strength are emphasized in the movements.

Instructor: Tom Reed

Monday, Wednesday	Sep. 2 - Sep. 30 No class Labor Day, Sept. 7	7:30 - 8:30 pm
Veteran's Memorial Building, Room 390		
Fee: \$53.00		Class# 16261
Monday, Wednesday	Oct. 7 - Oct. 28	7:30 - 8:30 pm
Veteran's Memorial Building, Room 390		
Fee: \$53.00		Class# 16262
Monday, Wednesday	Nov. 2 - Nov. 30	7:30 - 8:30 pm
Veteran's Memorial Building, Room 390		
Fee: \$53.00		Class# 16263
Monday, Wednesday	Dec. 2 - Dec. 21	7:30 - 8:30 pm
Veteran's Memorial Building, Room 390		
Fee: \$53.00		Class# 16264



All About the Abs

Ages 18+

Improve your abdominal strength, lose the belly fat in this 30 minute ab workout!

Instructor: Cata Stewart

Tuesday, Thursday	Sep. 15 - Oct. 8	7:00 - 7:30 pm
Leydecker Park, Center		
Fee: \$33.00	No. of classes: 8	Class# 16255
Tuesday, Thursday	Oct. 13 - Nov. 5	7:00 - 7:30 pm
Leydecker Park, Center		
Fee: \$33.00	No. of classes: 8	Class# 16256
Tuesday, Thursday	Nov. 17 - Dec. 17 No class on Nov. 26	7:00 - 7:30 pm
Leydecker Park, Center		
Fee: \$39.50	No. of classes: 9	Class# 16257

Circuit Training

Ages 18+

Firm and strengthen muscles in a challenging 1 hour class. We will work on all body parts (head to toe). Variety is the mission. Instructor: Cata Stewart

Tuesday, Thursday	Sep. 15 - Oct. 8	7:30 - 8:30 pm
Leydecker Park, Main Room		
Fee: \$62.00	No. of classes: 8	Class# 16258
Tuesday, Thursday	Oct. 13 - Nov. 5	7:30 - 8:30 pm
Leydecker Park, Main Room		
Fee: \$62.00	No. of classes: 8	Class# 16259
Tuesday, Thursday	Nov. 17 - Dec. 17 No class on Nov. 26	7:30 - 8:30 pm
Leydecker Park, Main Room		
Fee: \$76.00	No. of classes: 9	Class# 16260

Golf

Ages 18+

Learn golf fundamentals including: golf swing, using irons and woods, chipping and putting techniques.

Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited. Instructor: Randy Herzberg



Friday	Sep. 18 - Oct. 23	9:30 - 10:30 am
Godfrey Park, Field		
Fee: \$53.00	No. of classes: 6	Class# 16266
Friday	Sep. 18 - Oct. 23	10:30 - 11:30 am
Godfrey Park, Field		
Fee: \$53.00	No. of classes: 6	Class# 16267

REACH 40,000 RESIDENCES

Have You Considered Advertising in the ARPD Activity Guide?

40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents. This community-oriented publication focusing on recreation and cultural activities, as well as information pertaining to city-based programs is a first-rate marketing opportunity to reach Alameda residents, businesses and beyond! Advertising space is limited and at the discretion of the ARPD.

For more information, contact (510) 747-7529.

Low Impact Cardio

Ages 18+

Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower paced-class.

Instructor: Toya Alexander

Tuesday, Thursday	Sep. 15 - Oct. 8	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$51.00 Seniors: \$49.00	No. of classes: 8	Class# 16242
Tuesday, Thursday	Oct. 13 - Nov. 5	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$51.00 Seniors: \$49.00	No. of classes: 8	Class# 16243
Tuesday, Thursday	Nov. 10 - Dec. 3 No class on 11/26	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$46.00 Seniors: \$43.00	No. of classes: 7	Class# 16244
Tuesday, Thursday	Dec. 8 - Dec. 17	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$27.00 Seniors: \$25.00	No. of classes: 4	Class# 16245

Mindful Movement Qigong

Ages 18+

Qigong (pronounced chee-gong) is an ancient Chinese practice for health and longevity. Good for beginning or intermediate students, this series integrates the Qigong fundamentals of physical movement, breath, and intention to cultivate energy and relaxation.

Instructor: Nicole Stone

Friday	Sep. 25 - Oct. 23	10:15 - 11:15 am
Veteran's Memorial Building, Room 390		
Fee: \$53.00	No. of classes: 5	Class# 16254

Omega Martial Arts for Adults

Ages 13+

A mixed martial arts class for fitness, self-defense, and personal development, students will learn to combine striking with grappling and can earn a belt rank. Classes are for all abilities and experience levels.

Instructor: Napoleone Carlo Valero

Monday, Wednesday	Sep. 14 - Dec. 16	6:00 - 7:00 pm
Veteran's Memorial Building, Auditorium - Room 250		
Fee: \$283.00	No. of classes: 28	Class# 16265

Tai Chi Chuan

Ages 18+

A study of the form and theory of Tai Chi Chuan. Each class will include Qi Gong (breathing), meditation, self-defense in the context of the movements of the Yang 24 style, Tai Chi form for beginning students and the Open Palm or Cloudy Palms forms for advanced students. Each class will include a period of warm up and breathing exercises to prepare body and mind for Tai Chi. Suitable for all levels of training.

Instructor: Janet Oppio

Monday	Sep. 21 - Nov. 23	7:00 - 8:30 pm
Lincoln Park, Harrison Center		
Fee: \$78.00	No. of classes: 10	Class# 16237

Tai Mantis Kung Fu

Ages 18+

A study and practice workshop in the form and theories of Tai Mantis Kung Fu. This class will cover introductory movements (stances, kicks, and punches), forms and the associated self-defense applications. Each class will include a warm up followed by class drills and individual instruction. Wear comfortable loose clothing and athletic shoes with a flat sole.

Instructor: Janet Oppio

Wednesday	Sep. 16 - Dec. 2 No class on Nov. 25	7:00 - 8:30 pm
Lincoln Park, Harrison Center		
Fee: \$83.00	No. of classes: 10	Class# 16236

Yoga - Body and Mind

Age 18+

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander

Tuesday	Sep. 15 - Oct. 27	6:30 - 7:30 pm
Lincoln Park, Harrison Center		
Fee: \$66.00	No. of classes: 7	Class# 16238
Tuesday	Sep. 15 - Oct. 27	7:40 - 8:40 pm
Lincoln Park, Harrison Center		
Fee: \$66.00	No. of classes: 7	Class# 16239
Tuesday	Nov. 3 - Dec. 15	6:30 - 7:30 pm
Lincoln Park, Harrison Center		
Fee: \$66.00	No. of classes: 7	Class# 16240
Tuesday	Nov. 3 - Dec 15	7:40 - 8:40 pm
Lincoln Park, Harrison Center		
Fee: \$66.00	No. of classes: 7	Class# 16241

Parks Hotline 510-747-7542 Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors for any park-related concern

Yoga - Gentle Stretch Ages 18+



Start your day with a gentle yoga workout and experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers the body and mind. Suitable for all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander

Monday, Wednesday	Sep. 14 - Oct. 7	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$51.00 Seniors: \$49.00	No. of classes: 8	Class# 16246
Monday, Wednesday	Sep. 14 - Oct. 7	10:15 - 11:15 am
Lincoln Park, Harrison Center		
Fee: \$51.00 Seniors: \$49.00	No. of classes: 8	Class# 16247
Monday, Wednesday	Oct. 12 - Nov. 4	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$51.00 Seniors: \$49.00	No. of classes: 8	Class# 16249
Monday, Wednesday	Oct. 12 - Nov. 4	10:15 - 11:15 am
Lincoln Park, Harrison Center		
Fee: \$51.00 Seniors: \$49.00	No. of classes: 8	Class# 16248
Monday, Wednesday	Nov. 9 - Dec. 2 No class on Nov 11.	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$45.00 Seniors: \$43.00	No. of classes: 7	Class# 16250
Monday, Wednesday	Nov. 9 - Dec. 2 No class on Nov 11.	10:15 - 11:15 am
Lincoln Park, Harrison Center		
Fee: \$45.00 Seniors: \$43.00	No. of classes: 8	Class# 16252
Monday, Wednesday	Dec. 7 - Dec. 16	9:00 - 10:00 am
Lincoln Park, Harrison Center		
Fee: \$27.00 Seniors: \$25.00	No. of classes: 4	Class# 16253
Monday, Wednesday	Dec. 7 - Dec. 16	10:15 - 11:15 am
Lincoln Park, Harrison Center		
Fee: \$27.00 Seniors: \$25.00	No. of classes: 4	Class# 16251

Zumba Ages 18+

Zumba® Fitness is a feel-happy workout that combines a motivational fusion of Latin and International music with unique moves and dynamic combinations that allow participants to dance away their worries. It is based on the principle that a workout should be 'fun and easy to do' allowing Zumba Fitness participants to stick to the program and achieve long-term body and mind health benefits. A mix of body-sculpting movements and easy-to-follow dance steps, the routines utilize principles of aerobic interval and resistance training. Fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning. Open to all levels. Bring a towel and a water bottle.

Instructor: Dance/10

Mon., Wed., Fri.	Sep. 14 - Dec. 18 No class on Nov. 27	10:00 - 11:00 am
External Facilities, Dance 10 Performing Arts Center		
Fee: \$353.00	Class# 16231	

AQUATICS

Due to the retrofit of Encinal Swim Center ARPD will not be offering Aquatic Programming in the Fall of 2015.



For Tennis Lessons see page 18



SPORTS

For all Adult Sports Leagues

Participants must be a minimum of 18 years old and out of high school. All team applicants are available at the ARPD website or at our office.

Alameda Point Open Gym

Alameda Recreation and Park Department Adult Open Gym is year-round every Sunday night. If you're competitive, want to get some exercise or just getting back into your sport, check this out. We have volleyball and basketball for all to enjoy.

Sundays	6 p.m. - 9 p.m. (excluding holidays and holiday weekends)
\$6 drop in fee	Alameda Point Gym, 1101 West Redline Ave.

Flag Football

The Adult Flag Football League consists of a ten game season. Team applications and roster forms are available to download from our website and at the ARPD office. All team applications are due by August 20.

Saturdays	Starting Sept. 19	10:00 a.m. - 1:00 p.m.
Lower Washington Field, 740 Central Ave.		
\$600 Res Teams	\$650 Non-Res Teams	Class # 16076

Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon!

Mondays	6:00 p.m. - 10:00 p.m.
Alameda Point Gym, 1101 West Redline Ave	
For league start dates, fees and info, please visit http://vbmatch.com	

**Mastick Pickleball****Ages 50+**

Pickleball is the fastest growing, seniors-friendly sport in America. This game combines the fun of Ping Pong and Tennis. The format is single games played to 11, honor-system self-referee and play for fun. Loaner equipment available.

Wednesday	Sept. 23 - Oct. 21	6:00 - 7:30 pm
Krusi Park, Tennis Courts	\$10.00	Class # 16212

Mastick Pickleball Tournament**Ages 50+**

This 'doubles' tournament will test your Pickleball skills along with your neighbors. Teams will be guaranteed at least two games and prizes will be awarded to the winning Team. Loaner equipment available. Register at Mastick Center.

Wednesday	Oct. 28 - Nov. 4	6:00 - 7:30 pm
Krusi Park, Tennis Courts	\$8.00	Class # 16213

Mastick Disc Golf**Ages Seniors and Teens**

No experience required! Enjoy walking Alameda's newest golf course, (MIF), and targeting flying discs into specially designed 'pins'. Seniors will be paired with a member of the Alameda Youth Committee. Fee includes '9-hole match', use of ARPD equipment, hot dog/drink combo and an award to the winning team.

Staff will show participants how to play the game. Registration required by 9/15 at Mastick Center or online at www.arpdplay.com

Wednesday	Sept. 30	4:00 - 5:30 pm
Chuck Corica Golf Complex	\$17.00	Class# 16214

SENIORS/ADULTS 50+ - CENTER & SERVICES

MASTICK SENIOR CENTER



MASTICK SENIOR CENTER

1155 Santa Clara Ave.	(510) 747-7500
Mastick Office	(510) 747-7506
Lunch Program	(510) 747-7503
Transportation Services	(510) 747-7513
Travel Program	(510) 747-7511
Website	www.mastickcenter.com
Suggestion Box	masticksuggestion@alamedaca.gov

HOURS

Programs and services for adults age 50 and older

Weekday Program Hours	9:00 a.m. to 4:00 p.m.
Weekday Office Hours	8:30 a.m. to 3:00 p.m.
Saturday (Bingo & Thrift Shop)	10:00 a.m. to 2:30 p.m.

STAFF

Jackie Krause Recreation Manager	jkrause@alamedaca.gov (510) 747-7510
Ed Kallas, Recreation Services Specialist	ekallas@alamedaca.gov (510) 747-7511
Donatella Zepplin Senior Services Specialist	dzepplin@alamedaca.gov (510) 747-7513

Multi-Media Art Exhibit

Join us in the Mastick Lobby on Wednesday, August 12, at 10:30 a.m. for our artists' reception. They will be exhibiting their artwork created in Mastick Senior Center classes (e.g., stained glass, creative writing, paintings, ceramics, quilting, and more). Refreshments served.

SPECIAL SERVICES

Paratransit Transportation Services

Transportation services to the Center and beyond are available for Alameda residents. To learn more call (510) 747-7513.

AARP Smart Driver Course

This course is designed for those individuals age 50 and older. Register and pay in the Mastick Office prior to class. Cost: \$15 AARP members/\$20 non-members (check ONLY).

The standard course is offered in two, four-hour sessions over a two-day period from 9:00 a.m. to 1:00 p.m. on the following dates: **Wednesdays, October 7 and 14.**

The refresher course is offered in one, four-hour session from 9:00 a.m. to 1:30 p.m. and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on the following dates: **Wednesdays, September 2 and November 4.**

Support Services for Everyday Living at the Center

Blood Pressure Screening, Case Management Services, Dental and Podiatry Consultation, Legal Services, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services or to make an appointment.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. to 11:30 a.m. in Room D on the second and fourth Thursday of the month. This group is for individuals caring for a loved one with Alzheimer's Disease or dementia. Shelley Cooper, group facilitator, is provided by the Alzheimer's Association.

City of Alameda Paratransit

*Transportation for Seniors
and People With Disabilities*

We offer the following services:

- Alameda Shuttle – free and open to the public!
- Taxi ride discounts*
- East Bay Paratransit ticket sales
- Group trips – from Mastick Senior Center to various Bay Area locations
- Scholarship program*
- Transportation assistance

*Restrictions apply



Mastick Senior Center

1155 Santa Clara Avenue
Alameda, CA 94501
Ph: (510) 747-7513
Fax: (510) 523-0247
TDD/TTY: (510) 522-5160

www.AlamedaParatransit.com



TRAVEL & PROGRAMS - ADULTS 50+ / SENIORS

TRAVEL

Staff is available to assist you with your travel interests on Thursday from 9:00 a.m. to 3:00 p.m. or by appointment. To make an appointment, please call (510) 747-7511.

Local Travel

FALL 2015 DAY TRIPS INCLUDE:

September 9	Phantom of the Opera at the Orpheum
Class # 15637	\$55 – Register on 8/6
October 7	Apple Hill at High Hill Orchard
Class # 15646	\$60 – Register on 9/3
November 4	Riverdance at the Golden Gate Theater
Class # 16179	\$65 – Register on 9/3
Register in person at Mastick Senior Center or online at www.arpdeplay.com	

Long Distance Travel

CLASSIC CHRISTMAS MARKETS

in Strasbourg, Wurzburg, Nuremberg, Munich & Innsbruck

Highlights: Black Forest, Franconia Region, Neuschwanstein Castle and more!

November 29 – December 7, 2015	\$3,609 Double/\$3,809 Single/ \$3,579 Triple
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THREE KINGDOMS OF INDOCHINA:

Vietnam, Laos and Cambodia

Highlights: Reunification Palace, War Remnants Museum, Mekong Delta, Hoi An Ancient Town, Imperial Citadel, Hanoi Hilton, Water Puppet Theater, Halong Bay, Baci Ceremony, Ta Prohm Temple, Angkor Wat and more!

February 22 – March 11, 2016	\$6,959 Double/\$8,209 Single
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THE BEST OF EASTERN CANADA

Highlights: Montreal, Quebec City, Ottawa, 1000 Islands, Toronto, Niagara Falls

September 13 - 20, 2016	\$3,299 Double/\$3,899 Single
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TRAVEL PRESENTATION by Collette Tours

**On Thursday,
Sept. 10, at 10:00 a.m.**

in the Mastick Media Room,
a representative from Collette
Tours will be presenting
2016 travel opportunities:

**The Colorado Rockies, the
Best of Eastern Canada,
and MORE!**



ADVISORY BOARD PROGRAMS

Mastick Senior Center Advisory Board

The Mastick Senior Center Advisory Board meets on the third Wednesday of the month at 9:00 a.m. in Room D. All are welcome!

Mastick Bingo Program

Individuals 18 years of age and older are encouraged to join us every Saturday from 11:30 a.m. to 2:30 p.m. for fundraising BINGO. This festive game is held in the Mastick Social Hall and ensures an afternoon of fun, socialization, and a chance to win cash and prizes. Doors open at 9:30 a.m. All proceeds support Mastick Senior Center programs.

Mastick Thrift Shop

BARGAINS galore are available at the Mastick Thrift Shop on Tuesday and Saturday from 10:00 a.m. to 2:00 p.m. The Thrift Shop is open to the public and has been a shopping destination since 1984! The Thrift Shop accepts donations that are clean and in good condition. All proceeds support Mastick Senior Center programs.

MSCAB Scholarship Program

The Mastick Senior Center Advisory Board (MSCAB) provides assistance four times per year to members to help offset the cost of Mastick programs and trips. The scholarship program funds 50% of the program cost not to exceed \$50. For more information or an application, visit the Mastick Office or call (510) 747-7506.

Halloween BOogie Dance

Come wiggle with us!!

Wednesday, October 28, 2015

**Mastick Social Hall 1:00 p.m. to 3:30 p.m.,
\$2 per person. Enjoy dancing, costume contest,
socialization, and refreshments!**

SENIOR CONNECTIONS

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE!

Alameda Family Services is a human services organization, active in Alameda and the East Bay whose programs improve the emotional, psychological and physical health of children, youth and families.

Appointments with an
Engagement Specialist (Case Manager)
are available at Mastick Senior Center on

Tuesdays and Thursdays
between 10:00 a.m. and 3:00 p.m.

Home visits are also an option.
To schedule an appointment, please call 747-7506.

SENIORS/ADULTS 50+ - HOT TOPICS

MASTICK'S HOT TOPICS

Hot Topics feature relevant topics of interest. A sampling of upcoming topics are outlined below. To learn more about Mastick programs, refer to our monthly newsletter, Mastick Bee, which is available online at www.mastickcenter.com. Preregistration is required for all programs listed below. Visit the Mastick Office or call (510) 747-7506 for details. Most offerings are free unless noted.

Note: Program dates, times, and locations subject to change.

SEPTEMBER HIGHLIGHTS

Scam Detection 101

Tuesday, September 1, 1:00 p.m., Room D

Join Martha Laham, professor, writer, and consultant, for Scam Detection 101. Martha is the author of *The Con Game: A Failure of Trust* and teaches business at Diablo Valley College in Pleasant Hill. Learn about the most common scams perpetrated against seniors and how they can protect against them. Understand why seniors are prime targets for financial crimes, who the perpetrators are, and how to build safeguards against financial fraud.

Pigskin 101: Beginner's Guide to Football

Tuesday, September 8, 10:00 a.m., Room E

If you don't know the difference between a "safety" and a "reverse" but you'd like to find out why millions of people love the game of football so much... Join Ed Kallas, Mastick Staff, for a fun instructional presentation about America's most watched sport. Ed has played, officiated, coached, and owned Fantasy Football teams. Learn about the history, rules, object, and player positions of various football leagues. Discover what one of the fastest growing industries, Fantasy Football, is all about.

Travel Presentation by Collette Travel

Thursday, September 10, 10:00 a.m., Media Room

A representative from Collette Tours will be presenting 2016 travel opportunities via a beautiful slide show featuring photos from exotic destinations: Three Kingdoms of Southeast Asia, the Best of Eastern Canada, and MORE! Free – simply show up at the presentation.

Drumming Circle @ Mastick!

Thursday, September 10, 2:30 p.m., Room A

Improve circulation, loosen stiff joints, and stimulate the mind with the Mercy Retirement Community Drumming Circle.



FREE

The Alexander Technique and the Art of Balance

Tues., Sept. 15 & 22, 10:00 a.m. – 11:00 a.m., Room E

The ability to maintain your balance is a vital skill that can help you avoid falls and prevent injury. Learn about the Alexander Technique and how it can help to improve balance and ultimately increase your stability and mobility. This class is appropriate for beginners and advanced students. Cost: \$20 per person. Preregister at least three business days prior to class.

Funerals and Memorials Seminar

Tuesday, September 15, 1:00 p.m., Room D

Join Barbara Boag, Greer Family Mortuary and Cremation Services, for an informative seminar on funeral services. Topics include: Value of Ceremony; Current Trends in Funeral Service; the Service; Costs; the Role of the Funeral Director; and a Q & A session.

Fabulous at 50 & Beyond with Shirley

Wednesday, September 16, 1:00 p.m., Room D

Join Alameda's own, Shirley Sutherland, for a "how-to" spruce-up, make-up and hair demonstration. Learn new tricks on updating your look, to be your best at any age. Sponsored by Alameda Elder Communities (AEC).

The World Rushed In

Tuesday, September 22, 1:00 p.m., Room D

Marilyn Rhodes, Volunteer Instructor, will share the history of early California. Bring your 4th grade enthusiasm and curiosity and learn how the early inhabitants (Native Americans, Explorers, Conquistadores, and Missionaries) shaped our Golden State!

8th Annual Ice Cream Social

Wednesday, September 23, 12:30 p.m., Courtyard

Welcome the cool breeze of autumn by indulging in ICE CREAM! The cost is \$2 per person paid in advance in the Mastick Office and entitles you to one ice cream sundae provided by Tucker's Ice Cream. Sponsored by the MSCAB.



Pickleball for 50 & Up

Wednesday, September 23 - October 21, 6:00 p.m. - 7:30 p.m., Krusi Tennis Courts

Join your neighbors in the fastest growing, Senior-friendly sport in America. Pickleball combines the fun of Ping Pong and Tennis. The format is "drop-in" and play for fun. Loaner equipment available. Preregistration required at Mastick Center or at www.arpdeplay.com (Class #16212). Cost: \$10 per person for session.

Tchaikovsky: Russian Romantic

Thursday, September 24, 1:30 pm – 3:00 pm, Room D

Join John Kendall Bailey, music director, conductor, chorus master, Trinity Lyric Opera, to learn about Pyotr Ilyich Tchaikovsky, one of the most popular composers of classical music. Mr. Bailey will share some of the gossip surrounding Tchaikovsky's devastating marriage, his unusual ties with a career-building patroness, and the controversy surrounding his death. But best of all, he'll share with us samples of Tchaikovsky's passionate and romantic music. The Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board.

PoleWalking to Maintain Balance & Mobility

Tuesday, September 29, 12:30 p.m. – 3:30 p.m., Room D

Jayah Faye Paley, Instructor, returns to teach PoleWalking! Highlights: Improve balance, posture, and endurance; Strengthen core muscles and preserve joints; and Reduce risk and fear of falling. The cost is \$28 for first time students/\$15 for returning students. Preregister at least three days prior to class.

Disc Golf Tournament

Seniors and Teens -Teams

Wednesday, September 30, 4:00 p.m.,

Chuck Corica Golf Complex, New Mif Par 3 Course

Enjoy walking the New Mif Par 3 Course and targeting flying discs into specially designed "pins". Seniors will be paired with a member of the Alameda Youth Committee. Fee includes "9-hole match", use of ARPD equipment, hot dog/drink combo and an award to the winning team. Staff will show participants how to play the game. \$17 per person. No experience required! Registration required by September 15 at Mastick Center or www.arpdeplay.com (Class #16214).

OCTOBER HIGHLIGHTS

U.S.S. Hornet from 1775 to Present

Thur., Oct. 1, 1:00 p.m. – 2:30 p.m., Dining Room 2

Join Chuck Myers, former U.S. Naval Officer and docent, to learn about Hornet and its history. His presentation will cover notable achievements of the two carriers called Hornet in World War II, from the Doolittle raid through Midway and on to VJ Day and the Hornet's participation in the Apollo Program, including the recovery of Apollo 11 and 12. Topics will also include features of the museum (including 14 decks and levels from the fire room to Primary Flight Control) to displays. Get to know what the museum offers for families, scout troops, schools and other groups in terms of educational opportunities, big band dances and live aboard programs.

Who Was E.B. Mastick?

Tuesday, October 6, 1:00 p.m., Room D

Join Dennis Evanosky, Historian and Alameda Sun Editor, for a presentation on E.B. Mastick. This is an opportunity to learn about Mr. Mastick's accomplishments and impact on the city of Alameda.

From Blue Lines to Zambonis

Ice Hockey for the Beginner

Tuesday, October 6, 10:00 a.m. – 11:30 a.m., Room E

The top of the cake isn't the only place for icing! If you would like to learn about one of the fastest and most exciting sports in the world – this presentation is for you! Join Ed Kallas, Mastick staff, to discover the beauty of ice hockey in all of its frozen glory! Ed officiated professionally, plays and has coached the sport over the course of twenty seven years. Find out how it's played, learn about the equipment, how the ice is prepared and much more.

The Alexander Technique and the Art of Walking

Wed., Oct. 7 and 14,

10:00 a.m. – 11:00 a.m., Room E

Many of us suffer from flat feet, fallen arches, plantar fasciitis or bad hips and knees. By using the Alexander Technique you will improve your balance and proper mechanics of walking. In return, you will increase your mobility, decrease tension in your legs, and ultimately find more enjoyment in walking. Cost: \$20 per person. Preregister at least three business days prior to class.

Urquhart Memorial Concert Band

FREE

Wednesday, Oct. 21, 1:30 p.m., Mastick Social Hall

The Urquhart Memorial Concert Band, conducted by Joel Toste returns to perform at Mastick Senior Center. The concert features big band sounds, popular tunes in medley, marches, and a Dixieland Jazz Combo on Wednesday, October 21, at 1:30 pm in the Mastick Social Hall. Program sponsored by the MSCAB. All are welcome.

Travel Your Way

Tuesday, October 27, 1:00 p.m., Room D

Susan Driscoll is a seasoned tour manager working in San Francisco. She has traveled the world on her own and has lived in Hawaii and Australia. Susan will provide insights into traveling on your own and/or with a group; what kind of medium and company would be the best match for you; and how to build groups so that you can go for free. Learn effective travel budgeting.



Halloween BOOgie Dance

Wed., Oct. 28, 1:00 p.m. – 3:30 p.m., Mastick Social Hall

Boogie down with DJ Norma as she spins your favorite tunes and classics while leading you in Line Dancing! Don't forget to come in costume as the best in several categories will win awards. This is a fantastic opportunity to socialize and enjoy refreshments as you dance the day away!

Pickleball Tournament for 50 and Up

Wednesdays, October 28 and November 4, 6:00 p.m. – 7:30 p.m., Krusi Tennis Courts

Find a partner for this "doubles" tournament and test your Pickleball skills against your neighbors. Teams will be guaranteed at least two games and prizes will be awarded to the winning team. Loaner equipment available. Preregistration required at Mastick Center or www.arpdeplay.com (Class #16213).



Be Prepared: Disaster Resiliency

Thursday, October 29, 10:00 a.m., Mastick Social Hall

Learn to be resilient in the aftermath of a natural or man-made disaster. Presented by our local experts, the Alameda Fire Department Disaster Resiliency unit. Sponsored by Alameda Elder Communities (AEC).

Trick or Treats at Mastick

Friday, October 30, at 12:00 Noon, Dining Room I

Join Mastick Staff and give out treats to our costumed-neighbors from the ABC Preschool. The candy is provided, participants simply enjoy the costumes, hand out candy, provide smiles, and good cheer.

Refer to the Activities at a Glance flier available at the Center or www.mastickcenter.com for program locations. Or simply visit the Mastick Office for assistance.

SENIORS/ADULTS 50+ - TOPICS & COMPUTER

NOVEMBER HIGHLIGHTS

The Alexander Technique and the Art of Sitting

Tues., Nov. 3 & 10, 10:00 a.m. – 11:00 a.m., Room E

The ability to move in and out of a chair safely and without assistance becomes a critical skill that is needed in order to maintain ones' independence. Learn how the Alexander Technique can help you improve your daily movements. This class is appropriate for beginners and advanced students. Cost: \$20 per person Preregister at least three business days prior to class.

Useful Gadgets in the Home

Tuesday, November 3, at 1:00 p.m., Room D

Learn about a variety of tools and gadgets that can make it easier to complete everyday tasks! Join us to learn how to live more efficiently!

Reptiles at Mastick

via EBRPD's Mobile Visitor Center

Tuesday, November 10, at 1:00 p.m., Room D

Imagine a "closet on wheels" filled with materials for teaching any range of nature-related topics and equipped with a professional nature educator! Join us for a presentation on reptiles and amphibians!

Drumming Circle @ Mastick! - FREE

Thursday, November 12, at 2:30 p.m., Room A

Improve circulation, loosen stiff joints, and stimulate the mind. The Mercy Retirement Community Drumming Circle will provide a fun musical experience.

DECEMBER HIGHLIGHTS

Transportation 101

Tuesday, December 22, at 1:00 p.m., Room D

Join Donatella Zepplin for an overview of the various transportation options (East Bay Paratransit, City of Alameda taxi program, shuttle service and more) available to Alameda residents. Q & A period included.

FOOD PROGRAMS

Lunch Program

Monday – Friday	12:00 Noon*
Eligibility Requirement: 60 & older	Fee: \$3.75 Donation
*The dining room opens at 11:15 a.m. Reservations required.	

Brown Bag Program

Thursday (1st & 3rd)	9:00 a.m.
Eligibility Requirements: 60 & older/Income limits	

COMPUTER CLASSES

Computer classes

Computer classes are offered from 10:00 a.m. – 12:00 Noon in Room C. Fliers outlining class particulars are available in the Mastick Lobby and Room C. Preregistration required at least three business days prior to first class meeting. Prerequisite: Computer Foundations Course or basic computer skills. Flash drive required.

POPULAR SOCIAL NETWORKING SITES

Tuesdays	September 8 – 22	Fee: \$30
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MICROSOFT WORD 2 – Intermediate

Thursdays	September 3 – 24	Fee: \$40
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WINDOWS OPERATING SYSTEMS 7, 8 & 10

Mondays	October 5 – November 2	Fee: \$40
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MS WORD Photo and Graphic Art Tools

Thursdays	October 8 & 15	Fee: \$20
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SETTINGS FOR INTERNET BROWSERS

Mondays	November 9 & 16	Fee: \$20
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INTERNET-BASED PHOTO EDITING SITES

Thursdays	November 5 & 12	Fee: \$20
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MAIL MERGE, ENVELOPES AND LABELS

Mondays	December 7 & 14	Fee: \$20
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WINDOWS MOVIE MAKER

Thursdays	December 3 & 10	Fee: \$20
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Teens Teaching Technology - FREE

Teens from the ARPD Underground Teen Center will be available in Room C (Computer Lab) from **4:00 p.m. to 5:00 p.m.** on the third Thursday of the month (**September 17 and October 15**) to assist and familiarize individuals with personal portable devices such as tablets, smart phones and laptops. Bring your portable device(s) with you.

On Thursday, **November 19**, the Teens will offer a Social Media Tutorial (Facebook, Instagram, Twitter, etc.). Pre-registration in the Mastick Office or call (510) 747-7506. Limited to 20 participants.

On-Line Registration Available @ Mastick!

Enrolling for Ceramics, Drawing/Painting, Fitness, Yoga, and other classes just got a lot easier with on-line registration. The fliers for these classes have course numbers which will assist you with the registration process.

To register, visit www.arpdeplay.com and follow the dialogue boxes. Please let us know if you need help navigating the on-line registration process – hopefully, this will simplify the registration process for you.

PROGRAMS - ADULTS 50+ / SENIORS

FITNESS

FITNESS CLASSES	
Monday (Class #15662)	9:00 a.m. – 10:30 a.m.
September 14 – December 28, 2015	\$45 per person
Wednesday (Class #15667)	9:00 a.m. – 10:30 a.m.
September 16 – December 30, 2015	\$45 per person
Friday (Class #15663)	9:00 a.m. – 10:30 a.m.
September 18 – December 18, 2015	\$45 per person
Monday/Wed. (Class #15665)	9:00 a.m. – 10:30 a.m.
September 14 – December 30, 2015	\$60 per person
Monday/Friday (Class #15664)	9:00 a.m. – 10:30 a.m.
September 14 – December 28, 2015	\$60 per person
Wed./Friday (Class #15666)	9:00 a.m. – 10:30 a.m.
September 16 – December 30, 2015	\$60 per person
Mon./Wed./Fri. (Class #15668)	9:00 a.m. – 10:30 a.m.
September 14 – December 30, 2015	\$90 per person
PILATES	
Wednesday	10:45 a.m. – 11:45 a.m.
Fee	\$5 per person per class
POLE WALKING	
Develop balance; great for exercise & maintaining mobility	
Tuesday	12:30 p.m. – 3:30 p.m.
September 29	New students \$28; Repeat \$15
TAI CHI 24 STEPS	
Beginning	\$4 per person per class
Thursday	9:15 a.m. to 10:15 a.m.
Intermediate	\$4 per person per class
Thursday	10:30 a.m. – 11:30 a.m.
TAI CHI-ERCISE	
Tuesday	10:00 a.m. – 11:00 a.m.
Fee	\$4 per person per class
YOGA	
Tuesday	10:30 a.m. – 12:00 p.m.
September 29 – November 3, 2015	\$42 (6-weeks) Class #15656
November 10 – December 15, 2015 No Class 11/24	\$35 (5-weeks) Class #15657
Wednesday	9:00 a.m. to 10:30 a.m.
September 30 – November 4, 2015	\$42 (6-weeks) Class #15659
November 18 – December 16, 2015 No class 11/25	\$28 (4-weeks) Class #15660
<i>Note: Refer to the Activities at a Glance flier available at the Center or www.mastickcenter.com for program locations. Or simply visit the Mastick Office for assistance.</i>	

DANCE

BALLROOM DANCE	\$4 per person per class
Wednesday	1:00 p.m. – 2:00 p.m.
EGYPTIAN FOLKLORE DANCE	FREE
Friday	9:00 a.m. – 10:30 a.m.
HAWAIIAN DANCE HULA II	\$5 per person per class
Monday & Friday	12:30 p.m. – 1:30 p.m.
HAWAIIAN DANCE HULA III	\$5 per person per class
Monday & Friday	1:30 p.m. – 3:00 p.m.
LINE DANCE	
Wednesday	\$3 per person per class
Beginning	12:00 p.m. – 1:00 p.m.
Introduction to Advanced	1:00 p.m. – 1:30 p.m.
Advanced	1:30 p.m. – 2:30 p.m.
Thursday	\$3 per person per class
Beginning	12:00 p.m. - 1:00 p.m.
Introduction to Advanced	1:00 p.m. to 1:30 p.m.
Advanced	1:30 p.m. – 2:30 p.m.
ORIENTAL DANCE	FREE
Monday	9:00 a.m. – 11:00 a.m.
SQUARE DANCE	\$2 Donation
Tuesday (Drop In's Welcome!)	1:00 p.m. – 3:00 p.m.



PORTRAITS BY JOE WOODARD

Joe Woodard, volunteer, is available by appointment on the **third Monday of the month to take your photograph**, thus creating beautiful portraits to be used as gifts for friends and family. **To make an appointment, contact the Mastick Office at (510) 747-7506.**

SENIORS/ADULTS 50+ - PROGRAMS

ARTS AND CRAFTS

CREATIVE WRITING (Resumes September 8)	
Tuesday	\$88 per month
Session I	10:00 a.m. to 1:00 p.m.
CERAMICS CLASS	Fee \$111*
Thursday	September 17 – November 19
Beginning (Class #15647)	9:30 a.m. – 12:00 Noon
Intermediate (Class #15649)	12:30 p.m. – 3:00 p.m.
Lab (for enrolled students): Tuesday	10:00 a.m. – 3:00 p.m.
*\$30 supply fee paid to instructor on first day of class.	
DRAWING & PAINTING	Fee \$70
Monday (Class #15654)	12:30 p.m. – 3:30 p.m.
September 14 – November 16, No class 10/19	
Friday (Class #15655)	9:30 a.m. to 12:30 p.m.
September 18 – November 20, No Class 10/23	
Lab (for enrolled students): Tuesday	1:00 p.m. to 3:30 p.m.
KNITTING/CROCHETING	Fee: Materials/Supplies
Tuesday	1:00 p.m. – 3:00 p.m.
NEEDLECRAFT	Fee: Materials/Supplies
Tuesday	9:00 a.m. – 12:00 Noon
QUILTING	Fee \$44
Monday (Class #15650)	9:30 a.m. – 11:30 a.m.
September 21 – December 7	
Monday (Class #15651)	1:00 p.m. – 3:00 p.m.
September 21 – December 7	
Thursday (Class #15652)	9:30 a.m. – 11:30 a.m.
September 24 – December 10	
Thursday (Class #15653)	1:00 a.m. – 3:00 p.m.
September 24 – December 10	
Lab: Friday	9:00 a.m. – 3:30 p.m.
SEWING	\$5 per person per class
Wednesday	10:00 a.m. – 2:00 p.m.
Lab: Friday	9:00 a.m. - 3:30 p.m.
STAINED GLASS WORKSHOP	\$4 per person per class*
Monday	9:00 a.m. – 12:00 p.m.
Wednesday	12:30 p.m. – 3:30 p.m.
*Beginners: \$25 for supplies; Continuing members: \$10/month.	
Lab (for enrolled students): Wed.	9:00 a.m. – 12:00 p.m.

Refer to the Activities at a Glance flier available at the Center or www.mastickcenter.com for program locations. Or simply visit the Mastick Office for assistance.

NEW MEMBER ORIENTATION

The New Member Orientation is a MUST and offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch! Make a reservation to join us on **September 10, October 8, November 12, or December 10, at 10:30 a.m.** in the Media Room. We're looking forward to your visit!

LANGUAGE INSTRUCTION

AMERICAN SIGN LANGUAGE (ASL)	\$25 per person per class
August 3 – Sept. 28 (no class on 9/7)	Monday
Beginning (Class #16095)	2:00 p.m. to 3:00 p.m.
Continuing/Advanced (Class #16099)	1:00 p.m. – 2:00 p.m.
October 12 – November 30	Monday
Beginning (Class #16096)	2:00 p.m. to 3:00 p.m.
Continuing/Advanced (Class #16100)	1:00 p.m. – 2:00 p.m.
ENGLISH as a Second Language (ESL)	\$20 per person per class (7-week session)
Tuesday (Class #16171)	October 6 – November 17
10:00 a.m. to 12:00 Noon	
Register at www.arpdeplay.com or in the Mastick Office.	
FRENCH CONVERSATION	FREE
Friday	Volunteer Facilitators
Literary Discussion	9:00 a.m. – 10:00 a.m.
Elementary French	10:00 a.m. – 11:00 a.m.
GERMAN CONVERSATION	FREE (Volunteer Facilitator)
Friday	10:00 a.m. – 11:30 a.m.
ITALIAN CONVERSATION	FREE (Volunteer Facilitator)
Friday (Resumes September 11)	10:00 a.m. - 12:00 Noon
SPANISH CONVERSATION – Intermediate	
Monday (Class #15929)	10:00 a.m. -12:00 p.m.
September 28 through November 30	Fee \$40

Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. **To reserve a meeting space, please call 747-7506.**

PROGRAM OVERVIEW - ADULTS 50+ / SENIORS

Description	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Price
AARP Chapter Meeting (3rd Thur)				11:30am			Dues: \$5 per year
Alameda Stamp Club				10:00am			Free – Contact Office for schedule
Billiards	9:00am	9:00am	9:00am	9:00am	9:00am		Free
Bingo (Fundraising Program)						11:30am	Varies
Birthday Celebration (4th Thur)				12:30pm			Free
Blood Pressure Screening (3rd Tues)		1:45pm					By Appointment. No fee.
Blood Pressure Screening (2nd & 4th Wed)			10:00am				Free
Book Club		12:00pm					Free
Bridge (Social)			1:00pm				Free
Cards and Games	9:00am	9:00am	9:00am	9:00am	9:00am		Free
Computer Classes							Schedule and fees vary.
Computer Lab							Free – Contact Office for schedule
Consumer Presentations		1:00pm					Free
Current Events				9:30am			Free
Dental Consultation (3rd Thursday)				10:00am			By Appointment. No fee.
East Bay Retired Teachers Assoc. (EBRTA) (1st Thur)				10:00am			Free
HICAP		10:00am					By Appointment. No fee.
Legal Assistance for Seniors (3rd Monday)	1:00pm						By Appointment. No fee.
Library	10:00am		10:00am		10:00am		Free
Mah Jongg (Beginners)	Register in the Mastick Office. Must purchase Mah Jongg playing card.						
Mah Jongg (Experienced Players)					1:00pm		Free
Mastick Senior Center Advisory Board Meeting (3rd Wed)			9:00am				Free
Mastick Walking Group	9:30am						Refer to program flier.
Movie Matinee				1:00pm			Free
Music Appreciation (4th Thursday)				1:30pm			Free
New Member Orientation (2nd Thursday)				10:30am			Free
Notary Service			1:30pm				By Appointment. No fee.
Podiatry Consultation & Blood Pressure Screening (3rd Tuesday)		1:45pm					By Appointment. No fee.
Portraits by Woodard (3rd Monday)	1:00pm						By Appointment. No fee.
Quilting	9:30am/ 1:00pm			9:30am/ 1:00pm			Contact office for schedule
Scrabble				1:30pm			Free
Shuffleboard	Daily	Daily	Daily	Daily	Daily		Free
Table Tennis		12:30pm					\$1 per person
Today's World		9:30am					Free
Thrift Shop		10:00am				10:00am	Varies
Transportation Ticket Sales		9:00am		9:00am			Varies
Program dates, times, locations and fees are subject to change. Please refer to the Activities at a Glance flier available at the Center for program locations.							

Refund Policy: Mastick Senior Center reserves the right to cancel classes due to low enrollment. In the event a class is cancelled by Mastick Senior Center, full refunds will be provided. Cancellations

initiated by the participant must be requested a minimum of five business days prior to the start of the program. A \$15 processing fee will be charged when withdrawing from a class or program.

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Alameda Recreation and Park Department

www.ed2go.com/arpd

Introduction to Microsoft Excel

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Intermediate Microsoft Excel

Master advanced features of Microsoft Excel 2007, including charting and PivotTables, and discover how this powerful MS Office program can boost your productivity.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Intermediate Microsoft Excel

Master advanced features of Microsoft Excel 2007, including charting and PivotTables, and discover how this powerful MS Office program can boost your productivity.

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Human Anatomy and Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Introduction to CSS and XHTML

Learn to create state-of-the-art Web sites using modern CSS and XHTML techniques.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

SPECIAL NEEDS SERVICES

Leisure Club

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of persons with developmental disabilities. Activities include talent shows, arts & crafts, local trips, parties and dinners, shopping and much more. The Leisure Club program serves Alameda residents that are 18 years of age and older. This program meets twice a month on the second and fourth Thursday from 7:00 p.m. – 9:00 p.m.

For more information, please call (510) 747-7543 or TDD 522-7538. This popular program currently has a wait list.



IMPORTANT NUMBERS

511 Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it. Call 511 or visit 511.org.

Information & Assistance Hotline

Need Help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and on-line service (211.org) that provides easy access to housing information, and critical health and human services.

HOW TO REGISTER

The registration form is available at:
www.alamedaca.gov/recreation or
ARPD Office, 2226 Santa Clara Ave., Alameda

1. ONLINE

- Go to the ARPD registration website:
www.arpdeplay.com

2. BY MAIL

- Fill out the registration form and enclose a check payable to ARPD or complete the credit card portion of the payment form.
- Mail the completed form to:
ARPD, 2226 Santa Clara Ave., Alameda, CA 94501

3. BY EMAIL

- Fill out the registration form and complete the credit card portion of the payment form.
- Email to: ARPD@alamedaca.gov

4. BY FAX

- Fill out the registration form and complete the credit card portion of the payment form.
- Fax the completed form to: (510) 523-4071

5. IN PERSON

- Registration may be completed in person at the ARPD office

OFFICE HOURS: Starting September 7
Monday – Friday, 8:30am – 5:30pm.

ARPD REGISTRATION FORM



Alameda Recreation and Park Department

2226 Santa Clara Avenue, Alameda, CA 94501

(510) 747-PLAY • FAX (510) 523-4071 • arpd@alamedaca.gov

Online Registration: www.arpdeplay.com • www.alamedaca.gov/recreation

REGISTRATION FORM

CLASSES & SPORTS

In Person or Mail:

ARPD Main Office
2226 Santa Clara Ave
Alameda, CA 94501
(510) 747-PLAY

SENIOR CENTER ACTIVITIES/CLASSES

In Person or Mail:

Mastick Senior Center
1155 Santa Clara Ave
Alameda, CA 94501
(510) 747-7500

- Full payment is due at the time of registration. Checks payable to ARPD, Discover, MasterCard or VISA accepted.
- All registrations receive confirmation.
- Withdrawals may be made by phone or in person with a \$15 processing fee. The remainder of fee will be placed as a credit on your account to be used in the future.

PARTICIPANT'S		BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	2ND CHOICE	FEE
LAST NAME	FIRST NAME							

MAIN CONTACT/PARENT/GUARDIAN INFORMATION:

TOTAL FEES DUE:

LAST NAME _____ FIRST NAME _____

Address _____ City _____ Zip _____

Home Phone (_____) _____ Work Phone (_____) _____ Cell Phone (_____) _____

Email Address _____

Emergency Contact Name _____ Relationship _____ Phone (_____) _____

Emergency Contact (Other Than Parent) _____ Relationship _____ Phone (_____) _____

Participant's Medical Information/Allergies _____

LIABILITY WAIVER

1. Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, and independent contractors.
2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

PHOTO CONSENT: Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, Activity Guide or social media) produced by the City of Alameda.

☐ Check here if you do not give photographic consent.

CONSENT TO TREAT: I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

☐ Check here if I do not consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Signature _____

Date _____

☐ Participant

☐ Parent/Guardian

☐ Check (payable to ARPD)

☐ Discover / ☐ VISA / ☐ MasterCard #: _____ - _____ - _____ Exp Date _____

Name on Card _____ Signature _____

Address on Card _____

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.



Alameda Recreation and Park Department
2226 Santa Clara Avenue
Alameda, CA 94501

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12th Annual

2015 TEEN HAUNTED HOUSE

Presented By Alameda Teens

Friday, October 23rd
5:00 p.m. to 9:00 p.m.

Saturday, October 24th
3:00 p.m. to 8:00 p.m.

Sunday, October 25th
3:00 p.m. to 7:00 p.m.

SOUTH SHORE CENTER
(Park Street & Otis Drive, Alameda)

ADMISSION

(payable at the door):

5-17 years: \$5 per person

18 years & up: \$7 per person

Additional Donations Accepted

*Thank You
To Our Sponsors:*



**SOUTH
SHORE
CENTER**



**Support
The ARPD
Teen
Program!**

VOLUNTEERS NEEDED!

*Teen groups/clubs and
individuals needed to
assist in planning,
creative and working at
the Teen Haunted
House. See page 15
for more details.*

*Visit our website for additional information: www.alamedaca.gov/recreation
Proceeds raised will benefit the Alameda Youth Committee*